THE BRETHREN PRESS

918 Remedies • Letters • Testimonials

Introduced by

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Inglenook Doctor Book.

A Doctor of the Last Century.

From the farms, homes and kitchens
of 19th-century America

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MOTHERS AND MISSIONARIES, TEA AND ASPIRIN

by Walter C. Alvarez, M.D.

A good many years ago a Dr. Jarvis published a book filled with "recipes," as home cures were then called, that had been used in past generations by the people of New England. It so pleased and delighted thousands of our people that it became a "best seller."

Accordingly I would not be surprised if this *Inglenook Doctor Book* became a favorite with the American people, especially those many persons who are sure that wise old women usually know some wonderful medicine with which to cure a sick child or a sick husband.

I can remember that back in 1895 many mothers used camomile tea for all sorts of diseases of their children. And in 1907, when I went to Mexico, I was much interested to hear the old ladies there brag to me about a "wonderful drug" that they used for many diseases. I looked up the name they used for it—and discovered that it was good old camomile tea with a Spanish name.

The aspirin so beloved by Americans came out of a drug used by the Canadian Indians; a missionary brought it to the United States. Our cascara sagrada, a mild laxative, was discovered by Spanish explorers when they came to California.

Quinine, invaluable for the treatment of malaria, and the marvelous cocaine, a local anesthetic, came from Indians in South America, and one of our best cures for asthma was made from the brooms used by Chinese women.

I have been told that our big drug houses are constantly looking for new drugs in the pouches of African, Asian or Brazilian witch doctors. And so there may be some good drugs hidden away in this book.

The *Inglenook Doctor Book* is a charming and delightful look at the not-too-distant American past. These "recipes" for sickness reflect the innocence of a young people and a struggling medical profession largely unavailable to them. Those "cures" may not work today—and the 20th-century reader should not try them—but the humor, courage and the hope they convey mean as much today as they ever did in the formation of the uniquely American character.

THE INGLENOOK DOCTOR BOOK

CHOICE RECIPES

CONTRIBUTED BY SISTERS OF THE BRETHREN CHURCH, SUBSCRIBERS AND FRIENDS OF THE INGLENOOK MAGAZINE.

ELGIN, ILL.:
BRETHREN PUBLISHING HOUSE,
1903.

Copyright, 1903
Brethren Publishing House, Elgin, Illinois

First reprinting March, 1975
The Brethren Press, Elgin, Illinois

Published by Pyramid Publications for the Brethren Press

Printed in the United States of America

THE INGLENOOK DOCTOR BOOK.

The history of the Inglenook Doctor Book is as follows: Last year the Inglenook issued a Cook Book, made of the contributions of nearly one thousand sisters in the church, representing, in a general way, the culinary skill of the Inglenook family. This book was an eminent success. The idea of the presentation of an Inglenook Doctor Book originated in the fact that, hidden away in the thousands of homes reached by the magazine, there were many remedies for diseases and ailments incident to common humanity. It was thought that if these remedies could be collected the compilation would be of more than ordinary interest and value. A call was issued for domestic remedies, and a most liberal response was made. The result is presented, with the hope that the combined wisdom may be of service in emergencies that are liable to arise at any time in any reader's family.

Notice this fact. No effort has been made to get up a complete Doctor Book. On the contrary this has been studiously avoided. What we have endeavored to bring about is the collection and presentation of tried domestic remedies, for ailments of not sufficient gravity to warrant sending for a physician. The Inglenook fully recognizes the fact that there are insidious and active diseases for which the highest available medical skill should be immediately summoned to attend. But there are also physical troubles in which intelligent action is highly desirable, and never without gratifying results. As a rule, in every family, there are remedies which experience has taught to be of great value. This collection of remedies represents the wisdom born of experience.

There is no guarantee of the effectiveness of these remedies on the part of the Inglenook. It is not even claimed that they are scientific, but they do represent successful experience which in practice is worth more than science.

It will be noted that the remedies run in large groups.

This goes to show that there are some physical troubles more prevalent than others, and no attempt whatever has been made to change this condition of things, but its value, on the other hand, has been fully recognized. If there appear to be more remedies for stepping on a rusty nail than for broken bones, it shows the probable proportion of the occurrence of such accidents and no attempt whatever has been made to curtail or direct the character and number of the contributions. If there appears no remedy for approaching blindness it does not mean that the Nook family have not had trouble with their eyes in cases, but that they have not attempted self-treatment in so important a matter. On the other hand such a thing as a remedy for a common cold, or a healing salve, or soothing liniment, has been tried and found successful. These contributions to human knowledge do not therefore represent science so much as experience and they are given to the reader for what they are worth, in the hope that when emergencies arise within the scope of the layman's practice they may be found helpful. These remedies in many cases have been in the contributor's family for over a hundred years, and the book presents them to the entire Nook family with full confidence that no recipe, however unusual or unimportant it may seem, is without its real value based on experience in actual practice.

The arrangement of this book is as follows: The remedies are numbered from one upward, consecutively. A brief study of the makeup of the book will show its arrangement, and a glance at the index will show where each group of diseases is to be found and between what numbers. All that is necessary to fix the remedy in the mind is remembering its number in the book. Some of these remedies, especially in the salves and liniments, have been sold for high prices and the recipes brought large sums of money. Nearly all the recipes in this book were accompanied by testimonials of their efficacy. It has been impossible to reproduce these on account of lack of space and it must suffice to say that nothing in this volume is new and untried.

A study of the book in time of health, and a preparation of a few of the simpler remedies against a time of need, are recommended.

THE INGLENOOK DOCTOR BOOK

INFANTILE DISEASES.

Rules for the Baby.

1.—(1) Keep the baby sweet and clean. (2) Have a regular time for the bath. (3) Begin early putting baby into the water. An earthen wash-bowl will answer the purpose when you have not a bath tub, but by all means, have the body in direct contact with the water. It is so much more effective than the "smear" most babies get which is called a bath. (4) Whenever possible to give it, do not omit the daily outing. Baby needs fresh air as much as grown people. (5) Do not feed the baby every time it cries. Over-feeding may often be the cause of the cry. (6) Remember to give baby water to drink several times daily. (7) Do not allow people to kiss baby in the mouth. (8) Do not allow your baby to be picked up by the arms. (9) Never allow any sort of unnecessary handling. The little body may become sore from careless or too frequent handling. (10) Never cover the baby's face to a smothering closeness. (11) Never resort to artificial or prepared feeding unless absolutely necessary. You may try six kinds without success. (12) In warm weather a bath in tepid soda water, at baby's bed time, may do more toward a night's sleep than hours of "walking the floor."

Colic.

2.—To relieve a child with colic take one teacupful of catnip leaves, pour enough boiling over to cover them and let stand until the substance is in the water. Sweeten with a little sugar and give to the child, not too hot. Put bottles of warm water around the child to keep it warm, and

let it have plenty of pure air.—A. L. Roop, Westminster, Md.

3—Give warm catnip tea.—Sarah A. Sell, Newry, Pa.; Grandma Gnagey, Accident, Md.; Mrs. Perry Broadwater, Lonaconing, Md.

4.—Make onion tea and give warm.—Mary A. Metzler, Wakarusa, Ind.

5.—Use warm applications on the stomach and bowels and give four or six drops of peppermint essence in a little sweetened water.—Elizabeth Vaniman, McPherson, Kans.

6.—Dissolve asafœtida in whiskey. Give four to six drops in warm milk or water.—Bernice Ashmore, Mansfield, Ill.

7.—Give the baby a little warm water, wrap its feet in warm cloths—preferably woolen ones—see that its hands are warm, and place very warm woolen cloths over its stomach and bowels. Then wrap the baby in a shawl or blanket and hold in the arms close against the body. This should be repeated every half hour, or oftener if necessary, until the baby becomes quiet.—Mary W. Blough, Pittsburg, Pa.

8.—Inject into the rectum about one-half pint or more of warm water according to the age of the patient. Use a bulb syringe with the small pipe well greased. Be careful not to have the water too warm. Use your elbow for a test, having the water merely warm to it. For constipaton this is also a very mild and effective remedy.—Jennie A. Crofford, Martinsburg, Pa.

9.—See No. 875.—Lydia Hoover, Bevansville, Md.

Colic, Snuffles and Insomnia in Children.

10.—The busy little mother of a brood of rollicking youngsters says that when her babies cry with colic she lays her warm hand on their stomachs and bowels and they

soon quit crying. When they have snuffles and cannot breathe through the nose, she wets her thumb and forefinger in her mouth and rubs gently over the bridge of the nose. When nervous, fidgety and sleepless, she wets a cloth in cold water and pins it around the head, letting it come down over the eyes and below the base of the brain and the little one is soon asleep.—Mrs. E. G. Thomas, Butler, Ind.

11.—Take one handful each of sage and privet leaves, boil in one quart of water until reduced to one-half pint, add a small lump of alum, as much boracic acid as will lie on a silver dime, and honey to make pleasant to taste. Wash the mouth with this very often, allowing the patient to swallow a little each time. Keep the bottle well corked. This will keep indefinitely.—H. J. Mumah, Union City, Ind.

12.—To one tablespoonful of honey add alum and borax the size of a pea, and three sage leaves. Put in an eggshell, fill with water and use as a wash.—Katie Shank, Lilly, Va.

13.—Take one-half cup of sage tea, one teaspoonful of alum and one teaspoonful of borax, and sweeten with honey. With a soft rag swab out the mouth with this tea. Swallowing a little of it will not hurt the child.—Jessie Slonaker, Burroak, Kans.

Baby's Sore Eyes.

14.—Wash the eyes four or five times a day with cold tea.—Ida M. Puterbaugh, Cando, N. Dak.

Infantile Sickness.

15.—Take the black soot out of a wood stove, tie in a thin cloth and put boiling water over it. Given in small doses this will quiet a young child and will cure "flesh decay" ("go-backs").—N. J. Roop, Warrensburg, Mo.

Nauseous Stomach and Irritated Condition of Bowels in Children.

16.—Give mint tea made from either dried or green mint leaves, crushed, with a little sugar.—Amanda Crump, Elgin, Ill.

To Prevent Bowel Trouble in Small Children.

17.—Never allow a child's stomach and abdomen to get cold but take care that that part of its body is always properly clothed and it will not have the usual bowel troubles of babyhood.—Mrs. E. G. Thomas, Butler, Ind.

Constipation.

18.—Pour one-half teacupful of water over one teaspoonful of rhubarb and two teaspoonfuls of magnesia. Then add enough sugar to make a syrup. Give one teaspoonful every morning or according to the movement of the bowels.—E. J. Senseman, Covington, Ohio.

Summer Complaint.

19.—A child usually begins with vomiting, purging and fever. After each action, cleanse the bowels with enemas, using warm water and sweet milk. Feed warm boiled milk, thickened milk, toast and the like, avoiding all green foods. For fever bathe the body, especially the spinal column, with tepid water. The spine should be sponged often, from fifteen to twenty minutes at a time, until the fever is reduced. Put a cool, wet compress of several folds of linen across the stomach and bowels and cover with flannel and a snug bandage to hold in place. Renew when warm. Keep the head cool and the feet and limbs warm. This treatment is good in any case of fever.—Amanda Witmore, McPherson, Kans.

20.—Steep green peach tree leaves in a little water and drink the tea.—Lona Cripe, Battle Creek, Iowa.

21.—Take twenty drops of laudanum, one teaspoonful

of camphor, one teaspoonful of essence of peppermint, one-half teaspoonful of salts, put in one glassful of sweetened water. In severe cases, give one tablespoonful every half hour.—Mattie E. Hylton, Trinity, Va.

22.—Take one cup of flour and tie in a cloth. Boil for two hours. When cool remove the cloth and take off the starchy peeling. To one cup of new milk add two tablespoonfuls of the grated flour and let come to a boil. A little sugar may be added if desired.—Elizabeth Workman, Marcola, Oregon.

23.—Boil milk purslane, or carpet weed, in milk and give to drink.—N. J. Roop, Warrensburg, Mo.

24.—Take equal parts of laudanum, tincture of rhubarb and spirits of camphor. Dose for infant, five to ten drops; for adult, one teaspoonful every few hours.—Mamie Stookey, Carwile, Okla.

25.—Give a strong tea made of catnip blossoms.—Libbie Hollopeter, Rockton, Pa.

26.—Give common dog fennel tea, sweetened to taste. An adult can easily swallow several of the blossoms instead of the tea.—Martha R. Tobias, Camden, Ind.

27.—Make a tea from calamus (sweet flag) root and give for diarrhoea or summer complaint in young children. The dose for a child a year old is one teaspoonful. Increase the amount for older children.—Lizzie D. Mohler, Falls City, Nebr.

28.—Give grated nutmeg.—Amanda Roddy, Johnstown, Pa.

Flux.

29.—Take lettuce plants when in bloom and make a tea. Give until the patient is relieved. To have on hand when out of season, cut the lettuce when in bloom and dry in the shade.—S. E. Renner, Payette, Idaho.

Cholera Infantum.

30.—Put a mixture of cinnamon, allspice, nutmeg and ground cloves on a piece of sheet cotton large enough to cover the child's chest and abdomen. Put a second piece of cotton over this. Now, cover the cotton with a cloth and quilt all together. Wet the quilted pad with brandy and put it on the patient. Make two of the spice pads and change frequently, keeping them well moistened with brandy.—Hattie Y. Gilbert, Daleville, Va.

31.—Add one teaspoonful of camphor to three teaspoonfuls of good sweet cream and mix together well. Give one-half teaspoonful every half hour in bad cases. As the patient improves give from one to two hours apart.—Maggie Shoemaker, Spooner, Wis.

32.—To the whites of two eggs well beaten and mixed with water, add one teaspoonful of orange flower water and a little sugar. Give one tablespoonful every hour.—Tena Johnson, Redfield, Kans.

Croup.

33.—Give equal parts of butter and honey melted together, or lard and sugar, or onion juice and sugar, or equal parts of alum and sugar. If choking is bad give the white of an egg or something to cause vomiting, that the phlegm may be thrown up. Always grease the breast well with lard, and keep covered with flannel. Melt the lard and put it on as hot as can be borne. If nothing else helps, wrap the child in blankets and give hot drinks until sweating is induced, but after this treatment great care must be taken as the patient will take cold very easily.—Sara Reese Eby, West Elkton, Ohio.

34.—A dose of calomel will almost always break up croup. Have it issued in doses, according to age, by your druggist.—A. J. Miller, Sangersville, Va.

35.—Give a little vaseline every two hours.—Mrs. Joseph Hertzler, Baldwin, Md.

36.—Give a teaspoonful of castor oil thickened with grated nutmeg.—Ida C. Shumaker, Meyersdale, Pa.

37.—Give one teaspoonful of sweet oil and follow it with all the sugar the patient will eat. If this is not sufficient use the treatment for Diphtheria and Scarlatina, No. 230.—Cyrus Bucher, Astoria, Ill.

38.—As a harmless and effective remedy give raw (not boiled) linseed oil. One teaspoonful is the ordinary dose.—T. A. Robinson, Mansfield, Ill.

39.—Give internally one teaspoonful of lard and two or three drops of turpentine.—Mary A. Sell, Newry, Pa.

40.—Take one-fourth teaspoonful of salt, fill the teaspoon with the juice squeezed from a lemon. It will cut the phlegm and give immediate relief.—Mrs. L. R. Stutzman, Virginia, Nebr.

41.—For a child from two to three years old give a teaspoonful of elderberry jelly every half hour, or oftener in severe cases.—Katie E. Keller, Tipton, Iowa.

42.—Stew dried elderberries and sweeten to taste. Give the patient the juice to drink. We have never known this to fail.—Mrs. George Hoke, Goshen, Ind.

43.—Take one ounce of tincture of lobelia, one-half ounce of paregoric, one-half drachm of oil of anise and two and one-half parts simple syrup. Give from one-half to one teaspoonful every half hour until vomiting is produced.—Mary M. Wise, Peabody, Kans.

44.—Give equal parts of sugar and lard.—Jennie Stephens, Centralia, Wash.

45.—Beat the white of a fresh egg to a froth and add one tablespoonful of honey, or, if you have no honey, one

tablespoonful of white sugar. Give every five or ten minutes.—E. E. Ashenbrenner, Covina, Cal.

46.—Slice raw onions very thin and sprinkle with sugar. Allow to dissolve and give the juice in teaspoonful doses frequently. This often relieves instantly.—S. I. Bowman, Harrisonburg, Va.

47.—Give a teaspoonful of pulverized alum in a little sugar, and apply a mustard plaster to the lungs. Anything that will make the child vomit is helpful. Onion juice is also good.—Mrs. Josiah Clapper, Loysburg, Pa.

48.—Give the beaten white of an egg with sugar and pulverized alum.—Mrs. H. G. Miller, Bridgewater, Va.

49.—Give one-half teaspoonful of alum well mixed in one teaspoonful of honey.—M. F. Via, Free Union, Va.

50.—Mix equal parts of brown sugar and finely powdered alum. Give one teaspoonful, or enough to produce vomiting which will give instantaneous relief.—Minnie B. S. Rodes, Bays, W. Va.

51.—To one-half teacupful of strained honey add one teaspoonful of pulverized alum. Give in small doses until relieved.—Mrs. M. J. Gwin, Lewiston, Idaho.

52.—Give a few drops of kerosene on a teaspoonful of sugar.—Ella Rust, Boulder, Colo.; Lizzie Chamberlin, Yale, Iowa; Barbara Johnson, Roaring Spring, Pa.

53.—Mix thoroughly equal parts of sulphur and sugar and give one teaspoonful of the mixture with three drops of kerosene. Increase the dose as needed.—Rebecca Mays, Cedarville, Mo.

54.—Saturate a piece of flannel with turpentine and put it on the chest, and in severe cases three or four drops on a lump of sugar may be given inwardly.—J. E. Blough, Stantons Mill, Pa.

55.—Spread equal parts of Scotch snuff and lard, well

mixed, on flannel cloth and apply over chest and well up on the throat.—Cora Keim, Elk Lick, Pa.

56.—Grease the lungs and throat thoroughly with skunk oil and give from a teaspoonful to a tablespoonful every twenty minutes till relief follows.—A. E. Bonesteel, Shellsburg, Iowa.

57.—Into a small pan drop one large tablespoonful of lard and two sliced onions. Fry a light brown, put in a cloth and apply to the throat and chest as hot as can be borne. Leave on for one hour, remove it and grease the patient well with a mixture of lard, camphor and turpentine. Apply a warm flannel cloth. The same poultice may be warmed and put on again if necessary.—Mrs. Elmer Snowberger, Roaring Spring, Pa.

58.—Take a small piece of chewing tobacco, cut fine, fry in lard for one minute, put between flannel and lay on the chest and throat. This will give instant relief.—Anna Sniteman, Keota, Iowa.

59.—Saturate a cloth with spirits of camphor and pin around the neck of the patient.—Mrs. E. G. Thomas, Butler, Ind.

60.—Take equal parts of lard, turpentine and lamp-oil, warm the ointment and rub on the child's throat and chest, then apply hot flannel cloth, fastening it to the under garment and allowing it to remain until the patient is out of danger.—Tena E. Leighton, Lawrenceburg, Tenn.

61.—At the first sound of a croupy cough, make a pack of three thicknesses of old muslin, dip in water as near ice-cold as can be had, wring out till it ceases to run or drip, wrap quickly around the patient's neck and cover with several thicknesses of flannel, being sure that it reaches snugly against the skin above and below the cotton cloth. In five minutes the neck will be warm as toast, and all symptoms

gone, and the child most likely asleep. Leave cloths on till morning. If cold water cannot be had, swing the cloth through the air rapidly, to cool.—John E. Mohler, Des Moines, Iowa.; Hattie Y. Gilbert, Daleville, Va.; Lora Roop, Warrensburg, Mo.; Hannah M. Felthouse, Elkhart, Ind.; Mrs. John Cornelius, Waterloo, Iowa; Ella Rust, Boulder, Colo.; Elizabeth H. Calvert, Russelville, Ill.

62.—Take two parts lard and one part each of turpentine, kerosene and camphor, mix well together, anoint the chest well before going to bed and keep very warm through the night.—Mrs. J. W. Jasper, Bondurant, Iowa.

63.—Give onion juice. To extract the juice so as to give it in the most concentrated form remove the outer shells and roll the onion in dough made of flour and water, just as you would roll a dumpling, cover in hot ashes in your cook stove or any wood heater, place plenty of hot coals around it and roast one-half hour or more according to the size of the onion. Squeeze through a piece of coarse muslin. Sweeten if preferred. One large onion will make almost a half-teacupful of juice.—Mrs. H. Kurtz, Hebron, Ill.

64.—If the child is coughing hard with tightness on the chest, or threatened with croup, put turpentine in a woolen cloth and pin on the child's breast so that it will not touch the skin, then cover up well so that the fumes will be inhaled and it will break up the trouble.—N. J. Roop, Warrensburg, Mo.

Helps in Membranous Croup.

65.—Keep a kettle of lime and water and iodine constantly boiling in the room where the patient is. Also keep cloths wrung out of aconite and hot water, as hot as can be borne, around the throat. If the choking gets bad, and while waiting for the physician, burn tar and turpentine and hold the patient over it so as to inhale the smoke. The lime and iodine water is to make the breathing easier. Keep

the chest and back and upper part of the body SOAKED in pure lard, and well wrapped in flannel. Mix no camphor or turpentine with the lard, as that may counteract the medicine the physician will give when he comes. No time should be lost in sending for a physician in this disease.—Sara Reese Eby, West Elkton, Ohio.

66.—Rub rattlesnake oil on the outside of the throat and drop four or five drops slowly in the mouth.—Lucinda Bailey, Mt. Etna, Iowa.

67.—Put equal parts of turpentine and tar in a tin cup or any convenient receptacle, and burn it in a tightly closed room in which the patient is placed. This is intended to start sneezing and thus loosen the membrane.—Lybia A. Barnhart, Ottawa, Kans.

Colds.

68.—Give onion juice.—Ella Rust, Boulder, Colo.

69.—To loosen a cold in young children, scrape or cut up gum camphor into mutton tallow or fresh sweet lard and dissolve slowly on the back part of the stove. When cooled rub well into the chest and throat.—Lizzie D. Mohler, Falls City, Nebr.

70.—Mix one-fourth ounce of gum camphor in one-half teacupful of goose oil, put on flannel around the throat and on the chest, and rub on the nose.—Johannah Chamblin, Weiser, Idaho.

Screaming Nightmare.

71.—A small lump of salt put in the child's mouth will waken it and, if given a few times, will break up the habit.—N. J. Roop, Warrensburg, Mo.

Hives.

72.—Rub the irritated skin or postules with castor oil, applied with the tip of the finger. Baby will pass from

fretting to slumber while the process is going on, the relief will be so quick.—S. Gnagey, Pasadena, Cal.

Spasms.

73.—Put salt in both sides of the mouth outside the teeth, as the jaws are set.—N. J. Roop, Warrensburg, Mo.

74.—For spasms caused by worms, bathe the hollow of the throat, the pit of the stomach, and the navel with turpentine.—Lucy Blackwell, East Prairie, Mo.

75.—For spasms in teething children, put the lower part of the body in warm water and put cold water on the head. —Ella Wyland, Elkhart, Ind.

76.—For children inclined to convulsions in fever give No. 860. Put a teaspoonful in half a glass of water. and give in spoonful doses and follow with plenty of water. Give every half hour in very violent cases.—N. J. Roop, Warrensburg, Mo.

Worms.

77.—Make a strong sage tea, sweeten very sweet and give one-half teacupful before breakfast for three or four mornings. It may be taken oftener if the worms are knotted.—Mrs. N. A. Hylton, Fulda, Wash.

78.—Make strong sage tea, sweeten well and give cold as often as the child desires. Or, give one drop of turpentine on sugar for each year of the child's life.—Ella Rust. Boulder, Colo.

79.—Let children have all the raw potatoes they want, or give a few drops of turpentine on sugar.—Cora A. Metzger, Aurora, Ill.

80.—Divide one ounce of pine root into three equal parts, give one part in one-half cup of boiling water before going to bed at night. Give a little senna tea the next

morning. Repeat three times.—Mrs. Josiah Clapper, Loysburg, Pa.

81.—Give water distilled from peach blossoms. This is also good to move the bowels.—Sarah A. Crowl, Goshen, Ind.

82.—Make an infusion of sage and senna leaves and drink freely until it acts as a cathartic.—Lizzie Chamberlin, Yale, Iowa.

Whooping Cough.

83.—Take one teacupful of strained honey, two sticks of licorice candy and one-half ounce of paregoric. Dissolve the licorice in one teacupful of hot water, add the honey while the water is hot, and when cool add the paregoric. Give one teaspoonful after each coughing spell.—Sarah A. Crowl, Goshen, Ind.

84.—Let the patient drink freely of tea made of dried chestnut leaves.—Jennie Nicholson, Hillsdale, Pa.

85.—Take good castor oil and granulated sugar, mix thoroughly and give until the patient keeps some on the stomach.—Mary J. Mays, Cedarville, Mo.

86.—Take one ounce of boneset, one ounce of slippery elm and one ounce of flaxseed, simmer in one quart of water for one hour or more. When cold, bottle for use. Dose, one teaspoonful three times daily.—Mrs. Mary Cook, West Cairo, Ohio.

87.—The spasms may be relieved by giving five drops of oil of wintergreen on a little sugar.—Mrs. H. A. Whisler, Laton, Cal.

88.—Make a tea by steeping one quart of red clover blossoms and one large handful of dog fennel, strain, add one pound of extracted honey and boil to a syrup. Bottle and allow the patient to have easy access to it, taking a sip

whenever the tickling cough annoys.—Mary Rensberger, Walkerton, Ind.

To Remove Foreign Substances from a Child's Nose.

89.—Place your finger on the side of the nose that has nothing in it. Put your mouth over the child's mouth and blow hard. The button or bean will be promptly forced out. —Sallie G. Cline, Castleton, Kans.

COLDS, LUNG AND THROAT TROUBLES, ETC.

Colds.

90.—Take one teacupful of buttermilk, one tablespoonful of vinegar, two tablespoonfuls of sugar, one-half teaspoonful of salt, and one-half teaspoonful of cayenne pepper, stir all together and put over the fire to heat. Keep hot and sip frequently. If sweating is desired, keep the feet in hot water while drinking the buttermilk drink, or hot lemonade.—Lizzie Forney, Phoenix, Arizona.

91.—To break up a cold, drink hot lemonade before retiring at night.—Fannie Wenger, Mt. Sidney, Va.; Lizzie Forney, Phoenix, Arizona.

92.—Drink hot lemonade, and soak the feet in hot water just before going to bed at night.—Flora L. Moore Dougherty, Eldora, Iowa.

93.—When you have a very bad cold, feel chilly and sick and your bones hurt and ache, make about a pint of strong boneset tea, drink it as hot as you can, go to bed and cover up warm and take a good sweat. In the morning be careful not to change your clothing in a cold room if you are in a perspiration.—Lizzie Rawlins, Hinsdale, Ill.

94.—Inhale spirits of turpentine every half hour until relieved. If the cold is in the teeth take one pint of corn

meal, dampen with sour vinegar and mix with pokeroot roots grated on a horseradish grater, make all as hot as can be borne and hold it on the place where the pain is.—Mary A. Sell, Newry, Pa.

95.—Take a hot full bath, drink some hot lemonade, and retire. Put on enough cover to produce a free sweat, then cool off gradually in the morning and avoid exposure to weather for a couple of days. The diet should be simple and nourishing. No drugs are needed unless the headache and fever are severe, in which case a three-grain capsule of quinine taken every four hours for a day or two will help.—A. K. Graybill, Washington, D. C.

97.—For a sudden cold on the lungs, and hoarseness, a cold compress applied at night and carefully covered with heavy woolen cloth will often relieve in one night. When a severe cold refuses to yield to all ordinary remedies, a Turkish bath taken within forty-eight hours after cold is contracted is certain relief. Persons suffering from cold should keep the bowels in good condition, and drink much water, hot water if troubled with chilly sensations.—Lydia E. Taylor, Trained Nurse, 1014 Randolph St., Waterloo, Iowa.

98.—When sneezing take a few cloves in the mouth, chew fine and retain for a few minutes. Repeat when needed. Also good for hoarseness, and a tickling cough at night. —I. G. P., McMinnville, Oregon.

99.—Put a teaspoonful of camphor in a tumbler with three tablespoonfuls of sugar and add one-half cup of hot water. Take one teaspoonful every three hours.—Katie Shidler, Ashland, Ohio.

100.—For a very bad cold take the bark of old-fashioned shell-bark hickory trees, cleanse from all webs and moss, break in short pieces, put in an earthen vessel and make

a strong tea. Drink freely of this tea till a cure is effected. —Preston T. Arnold, La Place, Ill.

101.—Put three handfuls of chamomile in two quarts of water, boil down to one quart, add one pound of honey and one-fourth pound of rock candy and boil again to one quart.—Fanny E. Light, Nurse, Pasadena, Cal.

102.—Take four good-sized onions, slice, put on a plate a layer of onions and a layer of sugar alternately until the plate is full, place another plate over it and set in a moderate oven till well done, strain the syrup and take one-half teaspoonful every hour or two.—Emma E. Quillet, Tedrow, Ohio.

103.—Take dried elderberry blossoms and make a tea. When the patient has chills give it warm, when fever give it cold.—Mrs. George Hoke, Elkhart, Ind.

104.—Take one handful of hops, one handful of horehound and one handful of elecampane root, put in two quarts of water, boil down to one quart, strain, add one pound of rock candy, one large stick of licorice and one-half pound of brown sugar, heat again till dissolved, then bottle. Take one spoonful every night before retiring till relieved.—Ananias J. Bashore, Hanoverdale, Pa.

105.—To one quart of alcohol add one ounce of gum guaiac, one ounce each of pulverized gums of myrrh, camphor and cayenne. Take one teaspoonful in one-half cup of water.—Mary M. Wise, Peabody, Kans.

106.—To prevent colds, inhale weak salt water each evening and morning. Carefully avoid swallowing any.—Mrs. H. G. Miller, Bridgewater, Va.

107.—To cure a cold in the head in one night, select a large firm onion, leaving the skin on, put into the ashes under the grate, roast till soft, let cool, remove the skin, and slice about the thickness of a half dollar. To a slice put

a layer of granulated sugar about the same thickness. Continue until all the slices are used. Let stand a few minutes until the syrup has all gathered. Dose for adult, one tablespoonful. This will effect a cure in one night only when used the first night after taking cold.—Jennie A. Crofford, Martinsburg, Pa.

108.—For cold in the head, heat a little lard, dip your little finger in it and try to draw through your nostrils. Also grease your nose and forehead. Have two thick cloths ready, heat them well and try to draw the steam through the nostrils. Also apply hot cloth to the back and sides of the head. While one cloth is cooling have the other heating. Keep this up an hour or two before retiring. Repeat this process for several evenings.—Agnes K. Landiss, Richland Station, Pa.

109.—Drink freely of smartweed tea, the kind that has a peppery taste, bathe your feet in soda water and go to bed. —Katie Shidler, Ashland, Ohio.

110.—For soreness of the lungs, or cold on the chest, grease the chest well with croton oil, and bring the irritation to the outside. Or, take turpentine, kerosene, a little lard, and camphor, mix well, and grease the chest.—Mrs. Jas. F. Thomas, Inglewood, Cal.

111.—For cold on the lungs, chop raw onions fine, sprinkle with gum camphor and put in a flannel bag. Heat this and lay on the chest over night. Also good in pneumonia. —Mary Netzley, Batavia, Ill.

112.—For colds and hoarseness, slice raw onions very thin and put in a bowl in layers, sprinkling each layer liberally with sugar. Allow this to stand until a syrup has formed. Give the syrup. Melted tallow mixed with mustard and placed on the chest is also good.—Mrs. J. E. Gnagey, Accident, Md.

113.—For hoarseness, whip the white of a fresh egg to a stiff froth, add the juice of one lemon and sugar to taste. Take frequently in small doses.—Barbara Mohler Culley, Elgin, Ill.

Coughs.

114.—Take equal parts of whisky and glycerine and as much rock candy as they will dissolve. Taken night and morning in doses to suit the case it will stop the cough. —Mary Rowland, Astoria, Ill.

115.—Take one part glycerine and three parts port wine. Shake well before taking.—Sarah Beckner, Elkhart, Ind.

116.—Take equal parts rock candy, syrup, glycerine and brandy. Dose, one teaspoonful three times a day.—Sarah Beckner, Elkhart, Ind.

117.—Take five cents' worth of rock candy pulverized, one ounce of glycerine and eight ounces of whisky. Mix together. Dose, one teaspoonful every two hours. This is an excellent cure for a cough of long standing.—Anna M. Mishler, E. Akron, Ohio.

118.—Try from one half teaspoonful to one teaspoonful of lamp oil or kerosene.—C. A. Hoffman, Middlebranch, Ohio.

119.—Equal parts rock candy syrup and brandy, and half as much glycerine, taken in small quantities at short intervals.—D. M. Weybright, New Paris, Ind.

120.—Cover one teacupful of chestnut leaves with boiling water. When the substance is in the water, sweeten with honey or brown sugar and drink frequently.—A. L. Roop, Westminster, Md.

121.—Boil one cup of flax seed and the juice of four lemons in one pint of water and add one pound of loaf sugar. Take when necessary.—Fanny E. Light, Nurse, Pasadena, Cal.

122.—Take one quart of dandelion blossoms, pour over them one gallon of boiling water, add two lemons sliced, let stand twenty-four hours, strain, add four pounds of sugar, boil and can like fruit. Take a swallow frequently.—Maggie E. Gochnour, New Market, Va.

123.—Take eight large garlic bulbs and make a strong tea. Add sugar (loaf sugar preferred) and make a thick syrup, add three ounces of syrup of squills and three ounces of alcohol or whisky. Shake well. Adults may sip slowly one or two tablespoonfuls as the case may demand. Give children six months old one-half teaspoonful. As the remedy is perfectly harmless we are not particular about the dose.—J. N. Shank, Fortuna, Mo.

124.—For weak lungs and cough, mix equal parts raw linseed oil, whisky and honey and take one teaspoonful to one tablespoonful three or four times a day or oftener.—D. M. Weybright, New Paris, Ind.

125.—For coughs and colds, take one-half ounce of spikenard, one-half ounce of mullen, one-half ounce of hoarhound, one-half ounce of elecampane, a small lump of alum, and one quart of water, boil down, skimming the foam that rises in boiling, strain and add one pound of honey, boil to a syrup, and add one and one-half pints of water when done. —Della Funderburg, Surrey, N. Dak.

126.—For a tickling cough, add to a lump of butter the size of a walnut, one tablespoonful of sugar. Warm the butter just enough to make it mix well. Take a little as often as needed.—E. E. Aschenbrenner, Covina, Cal.

127.—For a hacking cough, wring a cloth out of cold water and lay it on the throat and lungs at night, covering it with a dry cloth.—Laura B. Reiff, Idaville, Ind.

128.—For cough and sore throat, make a strong tea of horehound leaves, strain, and to three-fourths of a cup

of the tea add one cup of sugar—or molasses if preferred. Take as needed.—Mrs. J. W. Jasper, Bondurant, Iowa.

Cough Syrups.

129.—Boil a handful of wildcherry bark in one gallon of water until reduced one-half, add one pound of white sugar and one tablespoonful of pine tar and boil to one quart and strain. For an adult, give one tablespoonful morning and evening, and oftener if the cough is bad.—Katie Shank, Lilly, Va.

130.—Dissolve two pounds of white sugar in one quart of hot water and add one ounce of paregoric, one ounce of fluid extract of licorice, one ounce of chloroform, one ounce of glycerine, one ounce of essence of lemon. Dose, one teaspoonful three times a day.—Lillian Domer, Baltic, Ohio.

131.—Boil together one pint of water and one pound of loaf sugar. When cold add one ounce of paregoric, one ounce of chloroform, one ounce of glycerine, one ounce of fluid extract of licorice, one ounce of linseed oil and one ounce of extract of lemon. Take one teaspoonful three times a day.—E. Cocanower.

132.—Mix one pint of gin, one pint of unboiled linseed oil, five cents worth of oil of sassafras and one pint of honey or dissolved rock candy. Take a swallow often.—M. J. Mumah, Union City, Ind.

133.—Put two pounds of white sugar in a crock, pour one quart of boiling water over it and stir till well dissolved. When cold add one ounce of paregoric, one ounce of fluid extract of licorice, one ounce of chloroform, one ounce of raw linseed oil, one ounce of glycerine, and one ounce of essence of lemon. Bottle for use.—S. C. Miller, Brooklyn, Iowa.

134.—Take of essence or oil, one-half ounce, sassafras

one-half ounce, anise one ounce, peppermint one ounce, syrup of squills one-half ounce, tincture of lobelia one-half ounce, pour all into a quart bottle and fill the bottle with molasses. Shake this well and in two days it will be ready for use, or sooner if it mixes sooner.—Grandma Johnson, Redfield, Kans.

135.—Take one-half ounce of essence of sassafras, one ounce of anise, one ounce of peppermint, one-half ounce of syrup of squills, one-half ounce of tincture of lobelia, one and one-half ounces of Number Six, and add to one quart of New Orleans molasses. Dose, one-fourth teaspoonful every two or three hours.—B. F. Shriner, Elkhart, Ind.

136.—Take essence of sassafras one-half ounce, anise one-half ounce, peppermint one-half ounce, syrup of squills one-half ounce, tincture of lobelia one-half ounce, Number Six one-fourth ounce, and one pint of melted sugar. Dose for an adult, a teaspoonful every hour.—Lydia Brubaker, Argos, Ind., R. R. 2.

137.—Take of essence of sassafras one-half ounce, anise one ounce, peppermint one ounce, tincture of lobelia one-half ounce, syrup of squills one-half ounce, number six one-half ounce and loaf sugar one pound. Dose for an adult, one teaspoonful as often as the cough is troublesome. Give to children according to age.—Amanda L. Newcomer, Nappanee, Ind.

138.—Take one ounce each, of elecampane root, mullein leaves, wildcherry bark (ground), and horehound herb, boil in one quart of water for thirty minutes, then strain and add three-fourths pound of brown sugar and a stick of licorice broken into small pieces. Boil till reduced to one pint. When cool take one tablespoonful every two hours. —Lizzie M. Kempf, Lancaster, Pa.

139.—Take of tincture of lobelia four drachms, tincture of bloodroot two drachms, tincture of tolu four

drachms, tincture of wintergreen sixty drops and simple syrup to make one pint. Dose, one teaspoonful every two or three hours.—Mrs. B. Mills, Inman, Kans.

140.—Add to one-half pint of good brandy one-half ounce each of comfrey root, elecampane root, spikenard root, Indian turnip root, skunk cabbage root, and one pound of loaf sugar. Dose, one teaspoonful.—Katie Shidler, Ashland, Ohio.

141.—Make a strong tea of eight large garlic bulbs, add enough sugar (loaf sugar preferred) to make a thick syrup, two ounces of syrup of squills and four ounces of alcohol or whisky. This should make one-half gallon of medicine. Dose, from a teaspoonful to a tablespoonful according to age.—J. N. Shank, Fortuna, Mo.

142.—Boil one handful of wildcherry bark in two quarts of water for one hour, strain, add one ounce of laudanum, one-half ounce of oil of anise, one-half ounce of oil of tar, one and one-half pounds of loaf sugar, one-half pint of alcohol and one stick of licorice ball. Dose, one teaspoonful three times a day.—Mrs. S. A. Beckner, Elkhart, Ind.

143.—Put in a pint bottle thirty grains of ipecac, three grains of capsicum, twenty grains of ginger and one ounce of tincture of lobelia, fill the bottle with granulated sugar. Also fill with soft water. Let it stand on the back of the stove for two or three days and shake often. Dose, one-half teaspoonful to one teaspoonful every three or four hours.—Mary Gish, Julia, Wash.

144.—An excellent remedy for bronchial trouble, or a cold on the lungs is a syrup made as follows: Make a good strong tea of mullein leaves and strain through a linen cloth to remove the tiny particles that tickle and irritate the throat, boil down into a syrup, using loaf sugar to sweeten.—Lybia A. Barnhart, Ottawa, Kans.

145.—Take equal portions of syrup of ipecac, syrup of squills, syrup of tolu, paregoric and tincture of bloodroot. Dose, one teaspoonful three times a day.—John Reiff, Idaville, Ind.

146.—Put one pint of pure tar in a vessel that will hold one gallon. Pour over it one gallon of boiling water, stir well and let stand for three days. Then throw the water away and repeat the process. Now put the third gallon of boiling water on the tar, place on the stove in a boiling heat for one-half hour. Stir well. Remove from the stove and let stand three days. Then strain the water through a muslin cloth, add two and one-half pounds of sugar and let boil till reduced to a nice syrup. Dose, one teaspoonful after each meal.—Ida C. Shumaker, Meyersdale, Pa.

147.—Dissolve one stick of licorice and two cents' worth of gum arabic in a teacupful of boiling water. Put a large teaspoonful of flaxseed in a cup and fill up with boiling water. Let this stand until it has drawn, then strain and add the dissolved licorice and gum arabic water, two teaspoonfuls of fresh hive syrup, two teaspoonfuls of paregoric, and one-fourth pound of brown sugar. Keep in a cool place. Dose for adults, one tablespoonful every two hours or oftener until relieved.—Mary A. Taylor.

148.—Take one-half teaspoonful of lobelia seed, ground, and one teaspoonful of snakeroot, ground, and boil together in one pint of water for five minutes. Remove from the fire, strain, add one teacup of sugar and make a thin syrup. Dose, for an adult, one teaspoonful every two or three hours, for children one-half teaspoonful.—Katie Replogle, Osceola, Mo.

149.—Take of elecampane two ounces, spikenard two ounces, cherry bark two ounces, pleurisy root two ounces, hops two ounces, put into three pints of soft water, simmer till reduced to one-half the quantity, strain, add two pounds

of loaf sugar, and boil one-half hour. Take one tablespoonful three times a day for coughs and asthma.—Lizzie Harnish, Mt. Carroll, Ill.

Consumption Cure.

150.—Take one pint of good brandy, one pint of strained honey and a lump of alum the size of a hen's egg, put all together in a new stone jar that has never been used, set the jar in a kettle of cold water, put it on the stove and let it simmer down to a pint. Dose, one-half teaspoonful three or four times a day when the patient has a coughing spell.—Ellen Shoemaker, Spooner, Wis.

Stimulating Balsam.

151.—Take of essence of anise one-half pint, essence of sassafras one-half pint, essence of pennyroyal one-half pint, peppermint one-half pint, tincture of gum guiacum one-sixth pint, tincture of capsicum one-half pint and tincture of myrrh one-sixth pint and add to one-half gallon of good molasses. This is excellent for bad colds and hoarseness. Take one tablespoonful three times a day.—Mary M. Wise, Peabody, Kans.

"Bread of Life."

152.—For coughs and colds and to clear the voice in singing. Get at the drugstore one ounce of cloves, one ounce of cinnamon bark, one ounce of bayberry, one ounce of poplar bark, one ounce of peppermint oil, two ounces of slippery elm bark, four pounds of granulated sugar, golden seal and cayenne pepper to taste, then add flour and water enough to make a stiff dough, roll thin, cut in cakes about the size of a silver dime and dry in the shade.—Mrs. Isaac M. Eikenberry, La Place, Ill.

Nasal Catarrh.

153.—Dissolve a teaspoonful of salt in warm water, pour into the hand and draw up through the nostrils.—

Ella Rust, Boulder, Colo. Follow the above treatment persistently.—J. D. Myers, Robinson, Pa

154.—Smoke cubeb berries in a clay pipe and swallow the smoke.—Ella Breneman, Cambridge City, Ind.; J. D. Myers, Robinson, Pa.

155.—Smoke dried mullein leaves and inhale the smoke for nasal catarrh, bronchitis and kindred diseases.—J. D. Myers, Robinson, Pa.

156.—Put a little vaseline in the nose every night until the disease abates.—Mrs. Joseph Hertzler, Baldwin, Md.

157.—Take light brown sugar, dry in the oven and pulverize very fine. Snuff a little up the nose each morning and evening.—Lillie G. Yearout, Warrensburg, Mo.

158.—For nasal catarrh or hay fever, take the black soot out of a wood stove, tie in a thin cloth and pour boiling water over it. Gargle and draw through the nose. This is creosote in its pure state.—N. J. Roop, Warrensburg, Mo.

For Catarrhal Fever.

159.—Grease the chest well and apply a hot pack made by filling a sack of suitable size with bran heated till brown. Have it as hot as the patient can bear and renew with another like it as fast as it cools off. Bruise fresh rue, put it on cloths and lay on the forehead, letting it come down over the temples, and on the wrists and the soles of the feet.—Lizzie Rawlins, Hinsdale, Ill.

Pneumonia.

160.—Wring flannel out of hot strong salt water to which a little vinegar has been added, and lay on the lungs or affected part. Be very careful not to chill while using this, and have the flannel wrung so dry as not to wet the clothes badly. Cover with a dry cloth. This is good in

lung fever. or rheumatism.—Grandma Johnson, Redfield, Kans.

161.—Make a tea of pleurisy roots, a handful of sunflower seeds and a tablespoonful of flax seed. Allow the patient to drink of this very freely.—Mrs. Dora Davis, Lawrenceburg, Tenn.

162.—Apply promptly, over the lungs, a poultice or draft made of equal parts of flaxseed meal and ground mustard, and keep the patient warm in bed. Prompt action is of vital importance.—Elenor B. Booth, 326 W. James St., Lancaster, Pa.

163.—Apply an onion poultice to the chest or the part where the pain is located, grease well all around the waist with equal parts of turpentine and lard, place hot iron or brick to the feet and to the waist where the pain is and drink warm pennyroyal tea. A dose of spirits of nitre or a quinine pill is also helpful.—Catharine Holsopple, Geistown, Pa.

164.—Take six to ten onions, chop fine and put in a large spider over a hot fire. Add an equal quantity of rye meal, and enough vinegar to make a thick paste, let it simmer five to ten minutes, stirring well. Then put in a cotton bag large enough to cover the lungs and apply as hot as can be borne. When it cools apply another. The poultice can be reheated and used again. In a few hours the patient will be out of danger, but keep up the applications till perspiration starts freely on the chest.

165.—Make corn meal mush, spread on a cloth large enough to cover the entire chest, spread lard over the mush to keep it from sticking. Apply as hot as can be borne and keep the chest warm. In bad cases renew as it gets cold.—Lizzie Rawlins, Hinsdale, Ill.

166.—For a cold and lung fever, boil one pint of cider vinegar and two quarts of hops, thicken with corn meal

enough to make a poultice, spread on a cloth and lay across the lungs as hot as can be borne.—Katie Shidler, Ashland, Ohio.

167.—For local application take one cup of vinegar, one-half cup of turpentine and one egg, put all together in a bottle and shake well until it is like cream. Warm by the fire and apply to the throat and chest freely.—Lizzie Bagwell, Bremen, Ohio.

168.—Make a bag of flannel sufficiently large to cover well, fill with hops, dip in hot apple vinegar, and apply. It is better to have two so as to change as soon as one is a little cool.—Anna Shoemaker Weckman, Starfield, Mo.

169.—For relief in pneumonia or pleurisy, until the doctor comes, apply, at the place of pain, flannel cloths wrung out of water as hot as the hands can be borne in.—Laura E. Goetze, Saratoga, Wyo.

Bronchitis.

170.—Clean nicely as much elecampane root as will fill a large dinner pot, put it in the pot and fill with water. Boil till you have a strong tea. Take out the root, strain the tea and return to the vessel. Add as much sugar as is necessary to make a syrup. Bottle. It is harmless and can be taken freely.—Sackarissa Pursely, Maple, Va.

171.—Mix two tablespoonfuls of cod liver oil, the juice of two large lemons, and one-fourth pound of pure honey. Dose, one teaspoonful occasionally.—Mrs. Ainge, Elkhart, Ind.

172.—For bronchitis, sore throat and tight chest, mix together equal parts of tar, salt and lard, spread on a cloth and apply to the throat or chest or both. This can be worn for several days.—Fannie L. Mason, Bakers Mill, Va.

173.—For pneumonia or bronchitis, boil one pint of water, and thicken with cornmeal. Add one tablespoonful of melted goose grease or lard, boil five minutes, spread on

cotton cloths and place one on the chest and one between the shoulders. Repeat in five or six hours if necessary.—Ella Noffsinger, Defiance, Ohio.

La Grippe.

174.—Make a strong tea of equal parts of dogwood blossoms and wildcherry roots, keep it warm and drink of it often.—Caroline Nicholson, Hillsdale, Pa.

175.—Make a tea of dried elderberry blossoms, mix whiskey with it and give to the patient until the fever is broken. Grease the chest thoroughly with a mixture of lard and turpentine and saturate a piece of flannel with lard and turpentine and lay it on the breast. If there is any cough, make a tea of wildcherry bark, add honey to it and boil it down to a thick syrup. Give this to the patient every two or three hours. Also give a physic.—Mrs. Perry Broadwater, Lonaconing, Md.

176.—Take of pleurisy root two ounces, elecampane two ounces, comfrey root two ounces, hoarhound leaves two ounces, ginger two ounces, and Indian turnip one-half ounce, all dried, and grind in coffeemill. Mix well and use one spoonful to make a pint of tea. Drink often for a week, or till well.—Grandma Johnson, Redfield, Kans.

Pleurisy.

177.—Take a handful of the well-known white thorns to a pint of water, make a strong tea or boil down to one-half and drink it. Repeat if necessary.—Joseph E. Bowser, Bevansville, Md.

178.—For soreness of the lungs or pleurisy, add one tablespoonful of turpentine to a quart of water and take two woolen cloths so that one may be in hot water all the time, wring one out and place over the pain and cover with a dry cloth. Keep the water as hot as one can wring the cloths

out of, and change every few minutes until relieved.—B. F. Kintner, Ney, Ohio.

Phthisic.

179.—Grate a red beet, raw, and drink the juice.—Ida Shumaker, Myersdale, Pa.

Asthma.

180.—For acute asthma or nausea, spread a plaster with lard, sprinkle with black pepper, allspice and cloves, and lay on chest or pit of stomach, as the case may demand.

181.—Put four ounces of lobelia, pulverized, in one quart of good rum, let it stand nine days, then strain it off. Begin with two drops three times a day.—Mrs. T. Chaffee, Woodland, Mich.

182.—A muskrat skin worn over the lungs with the fur side next to the body is certain relief for asthma.—Eliza E. Buzzard, Russell, Iowa.

Hemmorrhage of the Lungs.

183.—Give one nutmeg, grated and moistened with a little whisky.—M. F. Via, Free Union, Va.

How to Avoid Consumption.

184.—The precautions which one should take in order to protect himself from consumption, when especially exposed to it, as in living with a consumptive, or in the case of the inheritance of weak lungs from parents who have died of phthisis, were thus laid down in a recent lecture by Dr. Byron Bramwell, a well-known English expert:

With this object in view the individual should endeavor (1) to increase his "vital resistance" by maintaining his general health in the best possible state of efficiency; (2) to avoid all conditions likely to produce in the body, and more especially in the lungs and digestive organs, condi-

tions favorable to the growth of the tuberculosis germ—catarrhal inflammations, bronchitis, etc.; (3) to avoid the breathing of air containing tubercle bacilli, and to avoid drinking infected milk. These precautions are desirable in the case of every one, but are especially necessary where there is an inherited tendency to phthisis, and still more essential in the case of persons obliged to live in close contact with consumptives.

During infancy and childhood special attention should be directed to the diet, and to the condition of the mouth and throat, since diseased conditions here are apt to lead to the tuberculous infection. In the case of deficient respiratory capacity—hollow chest and the like—suitable gymnastic exercises should be followed out regularly.

Persons who inherit a strong tendency to phthisis should, with the object of preventing the development of it, be particularly well fed, clothed and housed; they should live if possible in a high, dry and pure atmosphere, and in a well-built, airy and well-drained house, which does not stand on cold, damp ground, and is exposed to plenty of sunlight. They should have plenty of exercise in the open air, should always sleep with their bedroom windows open, and should avoid excesses of all kinds (alcoholic and others). They should choose a profession where they can do their work in the open air if possible, and never one in which the lungs are exposed to irritating dust or fumes. They should eat plenty of butter and fat-forming foods, and if their nutrition is poor they should take cod-liver oil in cold weather.

Healthy persons who are obliged to live in contact with patients suffering from phthisis should be especially careful to carry out the above precautions, which, summed up, are: Free ventilation, abundance of fresh air, the avoidance of overcrowding, plenty of sunlight, scrupulous cleanliness, the absence of dust and dirt, and the destruction or disin-

fection of all discharges containing the tubercle bacillus. The chief risk in living with a consumptive is the breathing in of air containing the bacillus or its spores and direct infection by kissing or using cups contaminated by the sufferer. The sputem should be immediately disinfected and never allowed to become dry and pulverized; it should be burned. Healthy persons should never (if it can be prevented) sleep in the same room and never in the same bed with a phthisical patient.

THE THROAT.

One who must always breathe with the mouth open needs attention given to the throat.—Lydia E. Taylor, Trained Nurse, 1014 Randolph St., Waterloo, Iowa.

Sore Throat.

185.—Slice a thin piece of old smoked bacon, the older the better. Stitch this to a piece of flannel and make it black with pepper. Warm it and fasten closely around the throat. Do not remove until the inflammation has been drawn to the outside. When the meat is taken off anoint the throat with a good vaseline and bind up in flannel which must be left on until the throat is entirely well. —Mrs. Lulu Goshorn, Ladoga, Ind.

186.—Simmer slices of fat salt pork in vinegar for a few minutes and bind on the throat as hot as can be borne. When removed tie a strip of flannel around the neck.—Jessie Slonaker, Burroak, Kans.; Mrs. H. A. Swab, Chelan, Wash.

187.—Warm equal quantities of fresh lard and turpentine and apply to the throat and chest on going to bed. Wrap a cloth around the neck to prevent soiling the bedclothes. Or, tie the foot of your stocking around your neck on going to bed.—Laura Smith, Kent, Iowa.

188.—To a cup of vinegar add a small bit of butter and heat almost to the boiling point, then add honey enough to make a thin syrup. Use as a gargle.—Lydia Hoover, Bevansville, Md.

189.—Steep one medium-sized red pepper in one-half pint of water, strain, add one-fourth pint of good vinegar, a lump of butter the size of a walnut, a heaping teaspoonful of salt and a heaping teaspoonful of pulverized alum. Use as often as needed.—Amanda Crump, Elgin, Ill.

190.—Take a small cup of water and three drops of carbolic acid, and use often as a gargle.—Mary G. Reiff, Idaville, Ind.

191.—Steep one medium-sized red pepper in one-half pint of good vinegar, add one heaping teaspoonful each of salt and alum and use as a gargle as often as needed.—Mary Gibbel, Cincinnati, Ark.

192.—Take vinegar and make it strong with salt and red pepper (black may be used), and gargle often.—Mary Reddick, Sheridan, Mo.

193.—Make a strong decoction of either Japan or gunpowder tea, add five or six drops of carbonic acid to one-half cup of tea and use as a gargle.—Allie Eisenbise, Virginia, Nebr.

194.—For sore throat or bronchial hacking cough, add to one-half teaspoonful of chlorate of potash and one-half teaspoonful of cayenne pepper, one pint of boiling water. When the chlorate of potash is dissolved, strain and add one pound of sugar and boil one hour. Put in bottles. Dose, one-half teaspoonful whenever the cough is troublesome.—Fanny E. Light, Nurse, 752 Hull St., Pasadena, Cal.

195.—For a gargle, add one teaspoonful of baking soda to a pint of hot water and gargle one tablespoonful every half-hour as hot as can be taken. Another good gargle is

equal parts of alum and borax in hot water.—Mrs. H. A. Swab, Chelan, Wash.

196.—Dissolve a teaspoonful of chlorate of potash in a cup of water and gargle the throat three times a day. If the throat is ulcerated or much swollen, add tincture of iron to the potash water until it looks red. Apply with a swab.—Lizzie D. Mohler, Falls City, Nebr.—Gertrude Rowland, Reid, Md.

197.—Pulverize and mix one-half pound of gunpowder, one-fourth pound of alum and one-fourth pound of sulphur. Take about one-half teaspoonful in the mouth and let dissolve.—Mary M. Wise, Peabody, Kans.

198.—Place a small lump of dry sulphur well back in the mouth and let it dissolve.—Jemima Kob, Garden Grove, Iowa.

199.—Gargle with listerine. Swallow a little occasionally.—Flora L. Moore Dougherty, Eldora, Iowa.

200.—Gargle with sumach tea, drink sage tea and bind old bacon with a little mustard or black pepper sprinkled on it on the outside of the throat.—Catharine Holsopple, Geistown, Pa.

201.—Apply common pine tar between cloths to the outside of the neck. A few drops of tar made into pills and taken inwardly are often beneficial.—Gertrude Rowland, Reid, Md.

202.—Give a little sulphur, mixed in about one-half teaspoonful of glycerine, and tie around the neck a piece of smoked bacon with a few drops of turpentine on it. Pine tar is also excellent if tied around the throat.—M. W. Royer, Cordova, Md.

203.—For common sore throat, gargle with salt water as hot as can be borne.—Lizzie Forney, Phoenix, Ariz.; Lizzie D. Mohler, Falls City, Nebr.

204.—For sore mouth or throat, take one drachm of chlorate of potash, one-half drachm of sulphate of zinc and one drachm of common salt, dissolve in one pint of rain water and use as a gargle five or six times daily.—Mrs. Mary Cook, West Cairo, Ohio.

205.—For raw sore throat, take of borate of soda three drachms, carbolic acid ten drops, listerine one-half ounce, glycerine three drachms, and add water to make three ounces. Gargle one-half teaspoonful every hour or two.—H. A. Whisler, Laton, Cal.

Quinsy.

206.—After the first attack, quinsy is liable to return at any time. At the first symptom take a small piece of gum camphor, lay it on a heated shovel over a fire and let the patient inhale as much as can be borne, being careful not to strangle.—Kate R. Whitaker, Red Cloud, Nebr.

207.—Add twenty drops of tincture of myrrh to two tablespoonfuls of water and use as a gargle quite often if the throat is very sore, but avoid swallowing any.—Ida E. Yoder, Munson, Ohio.

208.—Take of sulphuric ether two ounces, laudanum one-half ounce, oil of wintergreen one-fourth ounce, oil of anise one drachm, oil of lemon one drachm, alcohol six ounces, mix and shake well together. Bathe the throat with this liniment for quinsy or sore throat, and use as a gargle one teaspoonful in half a tumbler of water.—Eliza Slifer Cakerice, Conrad, Iowa.

209.—Take a double handful of sumach berries, a good-sized pinch of sage, two or three good pods of red pepper, a pinch of yellow root—golden seal,— and three pints of water, boil down to one pint, strain, add one teaspoonful each of saltpeter, borax and alum, then sweeten well with honey only, and simmer until all the ingredients are dis-

solved. Then bottle ready for use. For quinsy or any other sore throat, gargle frequently and swallow a teaspoonful three or four times a day.—Eliza E. Buzzard, Russell, Iowa.

210.—Sweeten one-half tumbler of water and add enough hydrochloric acid to make it sour. Use as a gargle for sore throat and quinsy.—Ella H. Harbaugh, Waterloo, Iowa.

211.—For sore throat, tonsilitis, quinsy and diphtheria, add to six ounces of alcohol, one drachm of oil of anise, oil of wintergreen one-fourth ounce, laudanum one-fourth ounce, and sulphuric ether two ounces. Apply externally to the throat as a liniment, and use as a gargle, weakened with water.—Ada L. Early, Elgin, Ill.

Tonsilitis.

212.—Grate or slice finely three or four large onions and put them in a small thin sack. If sliced pound them after they are in the sack until they are soft. Bind on the throat and leave for twelve hours. If not cured repeat with a fresh poultice. For a gargle, pull three fiery red peppers into pieces, put in a dish and pour hot water over them and let steep for one-half hour. This tea should be very strong. Add one tablespoonful of salt, some honey if you have it, or sugar, and use as a gargle every half-hour. If not able to gargle, swallow a teaspoonful every half hour or oftener. Besides this a good blood purifier should be taken to cleanse the system.—Cora E. Moyer, Goshen, Ind.

213.—Apply kerosene freely on the outside of the neck. Also apply it inside with a small syringe, or a swab made by tying a soft bit of cloth on the end of a stick. A piece of smoked bacon tied on the neck when retiring for the night is a good remedy when applied in time.—Emma C. Newcomer, Lanark, Ill.

214.—Apply oil of peppermint two or three times a day as soon as soreness is felt.—Martha Eisenbise, Sabetha, Kans.

215.—For sore throat, tonsilitis and diphtheria, blow sulphur in the throat several times daily, through a goose-quill or similar tube made of paper, and take one teaspoonful each of lard and turpentine, and a piece of gum camphor the size of a large pea, saturate a small woolen cloth with this, fold and tie on the outside of the tonsils with a bandage over the head. In bad cases take less lard and more turpentine and camphor gum.—L. J. Porter, Natoma, Kans.

Diphtheria.

216.—Give equal parts capsicum, lobelia and gum myrrh in such doses as the patient can stand and as frequently as the urgency of the case demands. Or, wrap a soft white cloth around the end of the finger and dip in tincture of iron and touch the tonsils with it—do not rub but touch just enough to wet them. Then, alternately every two hours, give tincture of iron in doses of five to ten drops according to the age of the patient.—A. E. Bonesteel, Shellsburg, Iowa.

217.—First give an alcohol sweat and then bathe off in lukewarm water. Next bathe the outside of the throat with kerosene, and swab the throat inside with either kerosene or kino. The fluid kino is preferable to the powdered because it is necessary to dissolve the powder in water before using. Do not tie anything around the throat when you have applied the kerosene or it will blister.—Lizzie Harnish, Mt. Carroll, Ill.

218.—Take one ounce of black cohosh, one-fourth ounce of blue cohosh and one teaspoonful of golden seal. Put into a quart of water and boil down to one pint, strain, dissolve in it one heaping teaspoonful of alum and add

enough honey to form a syrup. Dose, one teaspoonful every five minutes for two hours, then less frequently according to circumstances.—Jane A. Zimmerman, Spring Creek, Va.

219.—Mix one cup of honey, one tablespoonful of fine gunpowder and a piece of alum the size of a nutmeg. Take often and but little at a time.—Mary G. Reiff, Idaville, Ind.

220.—Take sumach berries, boil them in vinegar, sweeten with honey and gargle and wash the throat every half hour.—Sarah A. Sell, Newry, Pa.

221.—Take one ounce of glycerine and eight drops of carbolic acid, shake well in a bottle and wash the throat with the liquid every two hours. To wash, use a brush made by wrapping a soft white cloth around a little stick. After each time burn the brush used.—Mary A. Sell, Newry, Pa.

222.—Take equal parts of blue vitriol and aloes, put in liquor a little more than is necessary to dissolve and use as a gargle.—U. D. Forney, Cando, N. Dak.

223.—Blow dry sulphur into the throat by means of a goose quill or any similar tube several times daily. I have never known this to fail, even in the worst cases.—Lybia A. Barnhart, Ottawa, Kans.; L. J. Porter, Natoma, Kans.

224.—Stir flour of sulphur in water and let the patient gargle this. Blow a little dry sulphur on the tonsils through a goose quill, being careful to blow a small quantity at a time as too much might cause suffocation.—Mrs. L. N. Moomaw, Roanoke, Va.

225.—Stir one teaspoonful of pulverized sulphur into half a glass of water and gargle the throat with it every half hour, swallowing a little each time. Sulphur must also be burned in the room with the patient several times each day to keep the atmosphere filled with its fumes for

the patient to inhale. Children too young to gargle should have the throat washed with the mixture, and if this is not easily done feed them some of it in small doses. This is also an excellent preventive when persons have been exposed to the disease.—Lillie G. Yearout, Warrensburg, Missouri.

226.—Take pitch tar (not gas tar), put on a hot shovel or hot plate, hot enough to raise a good smoke, place a funnel over the smoke and let the patient inhale it. Also, sulphur is very effective.—Annie R. Bowser, Bevanville, Md.

227.—Pour equal parts of turpentine and tar into a tin cup or pan and set fire to the mixture, being careful to have a larger pan under it as a safeguard against fire. A dense, resinous smoke rises, making the room dark. The patient immediately seems to experience relief. the choking and rattle stop; the patient falls asleep and seems to inhale the smoke with pleasure. In the course of three days afterwards the patient entirely recovers.—Mrs. J. B., Elkhart, Ind.

228.—First, tie on the throat a piece of fat salt pork dipped in kerosene, then swab the throat with a white soft rag by wrapping it around the forefinger and letting enough hang down to hang on to. Dip this rag in two tablespoonfuls of water containing ten drops of tincture of iron, and remove from the throat all whitish membrane that can be reached. Never use the same rag twice, but as soon as one rag is soiled, burn it without even laying it down, get another and repeat until the throat is clean. Repeat this operation every hour or oftener if necessary. Keep close watch of those white spots in the throat. After swabbing, gargle with ten drops of tincture of iron in two tablespoonfuls of water. Also give five drops of tincture of iron to swallow after gargling. Then give one teaspoonful of alcohol or brandy in one-half cup of milk every hour. Whip an

egg and add to the milk and brandy every three hours or at least three times a day. Burn sulphur in the room three times a day and hold the patient as near as you can without strangling, so that he can inhale with the mouth open. Blow some dry sulphur down the throat twice a day. Give five drops of kerosene on sugar three times a day. Use injections for moving the bowels. Give no physic while the patient is weak. In extreme cases use the remedies every half hour or every fifteen minutes. When nourishment is required give it after the swabbing and gargling of the throat, so that no membrane may be swallowed or it will go to the stomach.—Mrs. R. A. Nicodemus, Hancock, Minn.

229.—Take charcoal made of green sugar wood, two tablespoonfuls each of sulphur, saltpeter and alum, well pulverized and well mixed. Put a teaspoonful of the mixture in one-half cupful of strong vinegar, stir well and give one teaspoonful every ten minutes. At the same time give ten drops of tincture of iron every four hours and when the throat begins to clean give a dose of the mixture every twenty or thirty minutes. A wash of whisky is very well too, and after the patient is well burn sulphur and saltpeter and a little tar under all clothing that was about it. If the patient could breathe some of the fumes while this burns it would be of great benefit.—Eliza E. Buzzard, Russell, Iowa.

230.—For diphtheria or scarlatina, put a tablespoonful or more of pine tar and some turpentine in an old iron kettle, warm it up and set fire to it, making a thick, sweet-like smoke. When enough, smother with a newspaper. The smoke goes right to the throat and lungs of the patient, and, with dry sulphur given in half-teaspoonful doses, is one of the best remedies for these diseases in the first stages and often all that is needed. Without the sulphur it is

very excellent for obstinate cases of croup.—Cyrus Bucher, Astoria, Ill.

Ulcerated Sore Throat and Diphtheria.

231.—Take of tincture of chlorate of iron three drachms, glycerine one ounce, water to make four ounces and chlorate of potash thirty grains. Gargle the throat full strength from the bottle every two hours, using no water after the gargle. Then every three hours take a teaspoonful well diluted with water and swallow it. In thirty years' practice this has proved to be the most reliable remedy.—Dr. G. Brown, Chanute, Kans., Solicited by Mrs. S. J. Kester, Chanute, Kans.

ERUPTIVE DISEASES.

Scarlet Fever.

232.—Take one grain of sulphate of zinc, one grain of digitalis and one-half teaspoonful of sugar, mix with two tablespoonfuls of water and when thoroughly mixed add four ounces of water. Give one teaspoonful every hour. For children, give smaller doses according to age.—C. D. Leighton, Lawrenceburg, Tenn.—D. G. Couser, Lincoln, Nebr.

233.—In an eruptive disease, as measles or scarlet fever, where the eruption fails to come to the surface give a heaping teaspoonful of sulphur and a cup of warm tea.—Mrs. L. N. Moomaw, Roanoke, Va.

Scarlatina.

234.—See No. 230.—Cyrus Bucher, Astoria, Ill.

Measles.

235.—Give the patient all the cold lemonade he can drink. This will drive out the measles, check the fever and

loosen the cough.—Mary Netzley, 204 N. Van Buren St., Batavia, Ill.

236.—To bring out measles, give hot tea made of the bark of the black haw root.—Ida E. Yoder, Munson, Ohio.

Smallpox.

237.—The prescription is one grain solid extract digitalis, one grain sulphate of zinc, one-half teaspoonful of sugar and four ounces of water. Dissolve the digitalis and the zinc separately and then compound the prescription. It is of the utmost importance that the solid extract of digitalis be used. Some druggists say there is no such thing and use the liquid preparation. This is valueless. It does not produce the same results. The dose is one teaspoonful every hour for twelve consecutive hours for an adult. For an infant ten drops for the same length of time and for children under ten years one-half teaspoonful hourly for twelve hours. Hospitals where this is used, usually repeat this treatment once a month when the smallpox is epidemic. The face may be bathed with it, thus preventing scars. In one case where a man sent for the medicine as his wife had the smallpox, she took it all night and in the morning the eruptions had almost disappeared. The digitalis kills the germs of the disease that may be in the system. The zinc purifies the blood. Some doctors object to the digitalis because it acts on the heart. Of course the preparation must be taken with care, as the medicines are powerful. Some people complain that it makes them sick. This is because their systems are not in good condition. It is claimed that if counties would compel physicians to use this remedy there would be no need of pest houses.—Libbie Hollopeter, Pentz, Pa.

238.—Dissolve an ounce of cream of tartar in a pint of water and drink at intervals when cold. This will cure

smallpox in three days and never leave a mark.—Perry Bowser, Bevansville, Md.

239.—See number 232.—D. G. Couser, Lincoln, Nebr.

Erysipelas.

240.—Put threshed oats in a skillet and burn until they will pulverize, add grease enough to make a poultice and apply to the affected parts.—Mrs. S. E. Derrick, Lydia, Okla.

241.—For chronic erysipelas, or any impurity of the blood, take fresh burdock root, slice in pieces one-fourth inch in thickness, pour twice the quantity of boiling water over it and let stand until cool. Drink one-half teacupful three time a day. This tea has a pleasant taste and will ordinarily keep for two or three days.—Mary Wampler, Dayton, Va.

Hives.

242.—Take of epsom salts two ounces, pure cream of tartar two ounces, and sulphur one ounce. Mix. Dose, one or two teaspoonfuls two or three times a day for several days, or sufficient to move the bowels freely once a day. To relieve the rash, apply flour freely to the surface, or, if this does not relieve it, try glycerine two ounces, water four ounces and sugar of lead one-half drachm.

243.—Epsom salts will check bold hives. Dose, two tablespoonfuls. Continue taking one teaspoonful a day until no more hives appear.—Flora L. Moore Dougherty, Eldora, Iowa.

244.—Apply a lotion composed of one part carbolic acid to thirty parts water with a little glycerine.

245.—Take a teaspoonful of flour in a glass of water. This is one dose. Repeat several times a day until relief

is obtained. Hives are caused by too much acid in the blood and the flour counteracts this.—Sara Reese Eby, West Elkton, Ohio.

INFLAMMATIONS, FELONS, BOILS, ETC.

Inflammations.

246.—Apply the white of a fresh egg with the finger. This soon dries into a protecting and contracting membranous shield under which itching subsides and inflammations heal.

247.—Divide a gallon of oats in two equal parts, put one-half in a pan and heat very hot but do not burn. Put this in a sack and apply to the affected part. Heat the other half and change as soon as the first is cool. Continue in this way until the pain is relieved.—Lizzie Bagwell, Bremen, Ohio.

Mumps.

248.—Eat sparingly, drink freely, use a gentle laxative if necessary to keep the bowels in order, carefully avoid drafts, cold and dampness. Hot flannels or other warm applications to the swollen glands add to the comfort of the patient.

Swelling.

249.—For any bad swelling, take one pint of pure olive oil, and four ounces of gun camphor, mix well and apply freely.—Mrs. Josiah Clapper, Loysburg, Pa.

250.—Stewed pumpkin made into a poultice and renewed every fifteen minutes will reduce the worst case of swelling or inflammation.—Ida K. Mowen, Lanark, Ill.

Inflamed Sores.

251.—To draw out the inflammation, scrape or grate the inside of a carrot and bind on the sore.—Hattie Yeck, Centerview, Mo.

Apply a poultice of bruised beet leaves.—L. C. Klepper, Cliff, Tenn.

252.—Stir corn meal in boiling water and boil a few minutes and apply as warm as can be borne. Do this at bedtime and on the following morning apply a cloth wet repeatedly with camphor.—Nancy Kitch, Huntington, Ind.

Sores.

253.—Boil the bulbs of the white lily (Lilium candidum) in sweet cream and use as an ointment.—Sarah A. Crowl, Goshen, Ind.

254.—Sprinkle boracic acid on the sores dry. Salt is also a good remedy.—Emma Katherine Spickler, Polo, Ill.

255.—For old and running sores, take one pint of flaxseed oil, one-half pint of red lead, one ounce of camphor gum and one gill of turpentine. Boil all except the turpentine slowly in a new vessel for six hours. When nearly cold stir in the turpentine. Spread on a piece of soft leather and bind on the sore.—Esther A. McDonald, Port Townsend, Wash.

256.—To remove mortification, cook six hens' eggs in hot ashes until quite hard, then fry the yolks in one gill of lard until they are black, add a handful of rue, filter through a cloth and add one gill of sweet oil.—Sarah A. Crowl, Goshen, Ind.

Felon.

257.—The first symptom is as if a thorn were very deep in the finger while the surface shows no mark. To prove whether it is a felon, take the strong skin that is in the in-

side of the shell of an egg, piece by piece, and bind around the finger, beginning at the end and binding past the spot where the throb is. If it is no felon it will not hurt, and if it is you will need all the courage you can bring to bear to endure the pain for three hours when it will be cured, with no crippled finger.—N. J. Roop, Warrensburg, Mo.

258.—At the first symptoms of felon, wrap a cloth loosely around the affected member, tying the lower edge close to it with a string. Pack the space between the member and the cloth about it with ordinary gunpowder. Keep the gunpowder and cloth thoroughly and constantly saturated with spirits of camphor for two hours and the trouble is painlessly ended. The powder must not come in contact with the affected part.—Mrs. John E. Mohler, Des Moines, Iowa.; Nancy E. White.

258.—Roast or bake thoroughly a large onion, mix the soft inner pulp with two heaping tablespoonfuls of salt and apply to the affected part as a poultice, keeping the part well covered. Renew the applications at least twice a day, morning and evening, and a cure will follow in at least a week.—Vina E. Rench, Harrison, Okla.

259.—Take the yolk of one egg, one teaspoonful of turpentine, and one teaspoonful of honey, and thicken with flour to make a salve. Bind on the affected part.—Mattie Johnson, Redfield, Kans.

260.—Grind sassafras, make into a poultice with cold water and apply. This has been known to cure a felon in one hour.—Porter Kimmel, Morrill, Kans.

261.—When the finger begins to pain, dip it in and out of scalding water quite frequently till the water gets cool. The second application may be necessary.—Annie Highbarger, Lydia, Md.

262.—When you fear a felon is coming, add to a pint of boiling water one teaspoonful of saleratus and a wine-

glass of vinegar. Hold your finger in this. Reheat every little while, say from a half hour to an hour, holding the finger in it till the pain subsides. Repeat this until you see all the matter drawn to one place, then have it opened and your finger will soon heal.—S. S. Petry, Berthold, N. Dak.

263.—Take the root of archangel or rattleweed, wash it clean, pound it up, put in a tin with a little water, heat it, apply hot and change often. It will relieve in twenty minutes and is a sure cure.—Caroline Hoffman, Nora Springs, Iowa.

264.—As soon as the pain is felt apply a fly blister.—Katie Shidler, Ashland, Ohio.

265.—Take rock salt, heat it in the oven, pound it fine and mix it with turpentine, equal parts, put on a cloth and wrap around the affected part. As it dries out make fresh applications and repeat until cured.—Fanny E. Light, Nurse, Pasadena, Cal.; Mrs. H. A. Swab, Chelan, Wash.; Mamie Riddle, Home Camp, Pa.; Edna B. Byer, Kenmare, N. Dak.; Eliza E. Buzzard, Russell, Iowa.

266.—Wrap the finger or part affected in tobacco and keep it wet with strong vinegar until relieved.—Fannie Michael.

267.—Take one tablespoonful each of good thick—not hard—strong, home-made soap, good strong wood ashes—sifted—wheat flour, common table salt, granulated sugar, and thick, sweet cream. Mix all together and apply as a poultice to the affected part. As it gets dry, put on more of the same.—Eliza E. Buzzard, Russell, Iowa.

268.—Poultice felons and other swellings with stewed pumpkin, cold.—Elizabeth H. Calvert, Russellville, Ill.

Run-Around.

269.—For a " run-around " use No. 261.

Boils.

270.—As soon as the boil makes its appearance get flaxseed meal, moisten it and apply to the boil, wrapping a bandage around it to keep the meal in place. Renew the application two or three times daily till the boil comes to a head.—A. K. Graybill, Washington, D. C.

271.—To draw any gathering, as a boil or carbuncle, apply scraped raw beets as a poultice. Change as often as necessary until the swelling opens.—Eliza Englar, New Windsor, Md.

272.—Peel the skin carefully from a boiled egg, wet it and apply to the boil. It will draw the matter and relieve the soreness in a few hours.—Mrs. H. A. Swab, Chelan, Wash.

273.—To hasten the gathering of a boil, abscess or carbuncle, apply an onion poultice made by beating raw onions to a pulp and putting in bags made of thin lawn or cheese cloth.—N. J. Roop, Warrensburg, Mo.

White Swelling.

274.—Pour two quarts of water over one quart of unslacked lime, stir well and let stand over night. Take the scum that collects on the limewater, add one pint of flaxseed oil, stir until somewhat consistent, put all in a kettle, add a little lard and beeswax and melt well together. This makes a plaster which apply to the swelling. Renew every day till the swelling disappears.—Sarah A. Crowl, Goshen, Ind.

Caked Breasts.

275.—Grate potatoes and add a little water. Stir and strain. Leave just enough water to cook. Put into a small basin on a hot stove and bring to a boil, stirring briskly. Apply as a poultice. When made it will resemble liver

in consistency. This is good to draw out any inflammation or swelling.—Libbie Hollopeter, Rockton, Pa.

276.—Take feverfew blossoms or leaves and fry in fresh lard until crisp. Strain through a thin cloth and let cool. With this lard bathe the breast often and cover with a woolen cloth to keep warm.—Bernice Ashmore, Mansfield, Ill.

277.—Take two pieces of old white muslin large enough to cover the breast. In the center of each cut a hole two inches in diameter to place over the nipple. Spread lard on one piece, sprinkle thickly with cayenne pepper, cover with the other piece, warm and apply.—Mrs. George Wyatt, Elgin, Ill.

Sore Breasts.

278.—Take one-half pound of rancid butter, one-fourth pound of beeswax and one pound of rosin, put all together and boil slowly until the mixture stops foaming. Strain through thin cloth. Spread on cloth and apply warm to the inflamed part and cover all with flannel cloth.—Annie Keim, Elk, Pa.

279.—Heat lard and put on as warm as can be borne, then cover the breasts with several thicknesses of woolen cloth, heated. Or, warm round earthen pans and put over the breasts, or fry pancakes in plenty of lard and put on the sore breasts.—Mrs. G. R. Goughnour, Middlebranch, Ohio.

280.—For sore or swollen breasts, take one pint of linseed oil, rosin the size of a large walnut, beeswax the same size, put all together and let get hot enough to scorch a feather. If not stiff enough add rosin and beeswax. Spread on cloth and apply as warm as can be borne and cover all with warm flannel.—Susanna C. Foutz, Waynesboro, Pa.

Gathered Breasts.

281.—Take one-half pint of gin, one-half pint of linseed oil, beeswax the size of a hen's egg and one-fourth ounce of camphor gum, boil slowly for one-half hour, spread on cloth and apply warm.—Sarah Nodle, Weiser, Idaho.

282.—For bealing in the breast, melt together mutton tallow, beeswax and flaxseed oil, spread on a cloth and apply to the breast as hot as can be borne. When cool apply another.—Mrs. J. E. Gnagey, Accident, Md.

Nursing Sore Nipples.

283.—Use soda and borax, wet.—Elizabeth H. Calvert, Russellville, Ill.

284.—Poultice with raw carrots grated.—Lizzie Greene, Lewiston, Idaho.

STOMACH AND BOWEL TROUBLES.

285.—Take a glass can, crowd it full of wormwood leaves, green, and fill up with alcohol. This makes a greenish liquid as bitter as gall, and is an excellent medicine for stomach trouble, liver trouble, or any trouble arising from indigestion.—N. J. Roop, Warrensburg, Mo.

286.—For a heavy, distressed feeling in the stomach before going to bed, caused by eating something that is hard to digest, drink a pint of hot water as hot as you can take it. —A. C. Goetze, Saratoga, Wyo.

287.—One teaspoonful of pulverized charcoal after each meal will often neutralize the gas and quiet the stomach.—A. C. Goetze, Saratoga, Wyo.

288.—Get slippery elm bark fresh from the tree and eat a small portion of it twice a day.—Sophia Voorhis, New Waverly, Ind.

289.—For disordered stomach, caused by overeating, give tincture of rhubarb. Dose for adult one teaspoonful, for children one-half teaspoonful.—Fanny E. Light, Nurse, Pasadena, Cal.

290.—For a sore stomach, or catarrh of the stomach, drink tea made of slippery elm bark.—Fanny E. Light, Nurse, Pasadena, Cal.

Indigestion.

291.—To one pint of good vinegar add one tablespoonful of salt, one tablespoonful of black pepper and one-half teaspoonful of cayenne pepper. Shake well and take one tablespoonful after each meal.—Callie Beachley, Hagerstown, Md.

292.—Drink a cup of hot water, not too hot, an hour before each meal.—Emma Katherine Spickler, Polo, Ill.

Sick Stomach.

293.—Make strong tea of cayenne pepper, sweeten well and drink while hot, before breakfast.—Mary Himes, McCune, Kans.

294.—Drink a cup of hot water to which has been added a teaspoonful of salt or enough to suit the taste.—Emma Katherine Spickler, Polo, Ill.

295.—Take one teaspoonful of table salt, and one-eighth of a teaspoonful of cayenne pepper, pour one teacupful of boiling water over these and permit the patient to drink freely of the liquid. Bathe the feet in hot water containing scalded wood ashes and salt. Apply hot rocks to keep the patient perspiring. Have plenty of pure air in the room.—A. L. Roop, Westminster, Md.

296.—Scald mint, put between two cloths and lay on the stomach.—Annie M. Highbarger, Lydia, Md.

Seasickness.

297.—When seasick, use lemon juice frequently with plenty of pure air.—A. L. Roop, Westminster, Md.

Emetic.

298.—Add one teaspoonful of mustard flour to one teacupful of warm water and take every ten minutes until vomiting is produced. Or, add two teaspoonfuls of common salt to a teacupful of warm water and take every ten or fifteen minutes till vomiting is produced.—Lizzie Forney, Phoenix, Arizona.

299.—Take one teaspoonful of salt and the same quantity of ground mustard in a tumbler of lukewarm water.

Vomiting.

300.—Put pulverized dogwood bark on the woolly side of Canton flannel, fold the woolly side over the bark, saturate with whisky and apply to the stomach.—Mrs. L. N. Moomaw, Roanoke, Va.

301.—Drink a glass of cold water as cold as you can get it. If vomiting continues repeat the dose.—Mary Johns, Stonewall, Va.

302.—Take one large tablespoonful of mustard and two tablespoonfuls of flour, mix with good vinegar enough to spread on a thin cloth, place on the stomach until red but not blistered.—Eliza Slifer Cakerice, Conrad, Iowa.

303.—Lay ice-cold cloth at the throat and give one drop of carbolic acid and two drops of glycerine in one-half glass of cold water.—Mary B. Peck, Manvel, Texas.

304.—To twenty teaspoonfuls of water add ten drops of carbolic acid. Take one teaspoonful after vomiting until relieved. Or, take tea made of the lining of a chicken's gizzard.—Rebecca Mays, Cedarville, Mo.

305.—Put a teaspoonful of salt in a glass of water and

drink. Repeat this even if it requires six doses, as it is safe. —N. J. Roop, Warrensburg, Mo.

306.—Give the well-beaten yolk of one raw egg with a pinch a salt added. Repeat if necessary.—Ida E. Yoder, Munson, Ohio.

307.—Give grated nutmeg.—Amanda Roddy, Johnstown, Pa.

Vomiting and Cramps.

308.—Woolen cloths wet in hot water and laid across the stomach will often relieve when liniments fail.—Gertrude Stoner, Hutsonville, Ill.

Nausea and Vomiting.

309.—For infants drop the white of an egg in a cup and pour fresh water over and give as often as the child is thirsty. For adults, give tea made of the small twigs or the leaves of the peach tree, from three to six teaspoonfuls for a dose.—Eva C. Hinegardner, Midland, Va.

Offensive Breath.

310.—Take two or three tablespoonfuls of powdered charcoal in a glass of water once a week on retiring at night.—Ella Breneman, Cambridge City, Ind.

311.—Get, at the drugstore, four ounces of fluid extract of chionanthus and take from one-half to one teaspoonful three times a day and at the same time use one teaspoonful of pulverized charcoal in a small glass of pure water one-half hour after each meal or the last on retiring at night. The noon portion can be omitted after the first week and the morning portion after two weeks but continue taking a teaspoonful at night until cured.—Ida E. Yoder, Munson, Ohio.

Constipation.

312.—Take a glass of cold water, stir vigorously for a moment and drink as a medicine at bedtime to act at eight o'clock in the morning. Give an opportunity. If not sufficient repeat the dose and go again at nine o'clock. Do this for a week and the trouble will be overcome.—Mary B. Peck, Manvel, Tex.

313.—Use an injection consisting of two tablespoonfuls of glycerine in one-half pint of water, or ten to thirty drops of spirits of camphor in one-half pint of water.—A. K. Graybill, Washington, D. C.

314.—Take a cup of hot water, with a teaspoonful of salt added, before going to bed at night and before breakfast. —Emma Katherine Spickler, Polo, Ill.

315.—Take a cup of hot water each morning before breakfast.—Mrs. H. A. Swab, Chelan, Wash.

316.—Use peach blossoms prepared as salad.—Sarah A. Crowl, Goshen, Ind.

317.—Chop fine one-half pound of the best prunes and one-half pound of figs. Add one-half ounce of pure senna and enough molasses to make a thick paste. Simmer on the stove about twenty minutes. Take a piece of this paste about the size of a hickory nut. Repeat in four hours if necessary.—Mary Lininger, Inman, Nebr.

Constipation and Sick Headache.

318.—Drink before breakfast a pint of hot water in which a teaspoonful of salt has been dissolved.—Nora D. Burkett, Moffat, Colo.

Colic.

319.—Take weak salt water.—Vina E. Rench, Harrison, Okla.

320.—Sudden attacks will yield to salt. Eat salt until the pain is gone.—N. J. Roop, Warrensburg, Mo.

321.—Drink a teaspoonful of salt in a pint of water and go to bed. Colic can also be relieved by simply turning the patient upside down.—Perry Bowser, Bevansville, Md.

322.—Take enemas as hot as can be borne, in as large quantities as can be retained and retain them as long as possible. Also make hot applications—hot water bottle, heating compress or hot fomentations. For directions for making heating compress see recipe for Diarrhoea No. 350. To make a hot fomentation, take four thicknesses of flannel large enough to cover the abdomen, wring out of water as hot as you can stand and apply, covering with several thicknesses of dry flannel larger than the other pieces. Renew every five minutes until relieved.—A. K. Graybill, Washington, D. C.

Cramps and Colic.

323.—Almost fill a bottle with the fresh petals of the white garden lily (Lilium candidum). Pour over these petals enough of the best brandy or whisky to be had to fill the bottle. Allow it to stand two or three weeks, when it will be ready for use. Take about one-half teaspoonful in a little sweetened water. Repeat the dose every fifteen or twenty minutes until relief.—Mary Rensberger, Walkerton, Ind.

Cramp Colic.

324.—Give tea made of dog fennel.—Martin H. Miller, Portsmouth, Va.

325.—For severe pain, as in cramp colic or rheumatism, wring towels out of hot water and apply to the seat of pain as hot as can be borne, covering with dry flannel. Take a hot lid from the stove, wrap well in paper and place over

the towel. This will start sweating and ease the pain immediately.—H. J. Mumah, Union City, Ind.

326.—Give smartweed tea as hot as can be drank.—M. F. Via, Free Union, Va.

Cramp or Bilious Colic.

327.—Take young black walnuts when tender enough to slice easily, slice about one-fourth inch in thickness, put in a bottle or jar and cover with alcohol and let stand for several days. Take a teaspoonful or tablespoonful three or four times a day when symptoms appear. Continue its use for some time after the attack and it will effect a permanent cure.—John M. Mohler, Leeton, Mo.

Cramps.

328.—See No. 211. For adults, give fifteen drops in water.—Ada L. Early, Elgin, Ill.

329.—For cramps, or to check the start of typhoid or malaria, take salt, from one-half to one teaspoonful.—Amanda Roddy, Johnstown, Pa.

330.—Give one tablespoonful of castor oil in hot coffee. —Katie Shank, Lilly, Va.

Cramps in the Stomach.

331.—Take a teaspoonful of black pepper.—Nora E. Burkett, Moffat, Colo.

332.—Take two tablespoonfuls of hot ginger tea in which a half-teaspoonful of soda has been dissolved.—Della Funderburg, Surrey, N. Dak.

Cramps and Cholera Morbus.

333.—Take one quart of warm water with two tablespoonfuls of sweet oil and use as an enema.—Fannie E. Light, Nurse, Pasadena, Cal.

Bowel Complaints.

334.—Boiled sweet oil is serviceable in all sorts of bowel complaints and colics and internal injury, as from falls, as it allays pain, scatters coagulated blood, prevents inflammation and heals gently.—Sarah A. Crowl, Goshen, Ind.

Inflammation of the Bowels.

335.—Make a strong tea of catnip leaves, and add to it if possible the inside bark of the slippery elm tree, cut in very small pieces. This is pleasanter to use than the ground slippery elm to be had at the drugstores.—Lybia A. Barnhart, Ottawa, Kans.

336.—A poultice of fine-cut tobacco on the bowels will give relief in thirty minutes if the patient is not a tobacco user.—E. P. L. Dow.

337.—Make a poultice of catnip and lard, heat thoroughly and apply as warm as can be borne. Repeat if necessary.—Annie E. Evans, Lancaster, Pa.

338.—For inflammation of the bowels or in typhoid fever, take soft clay from the bottom of the creek where the water runs all the time and spread it about an inch thick on cheesecloth, cover with another cloth to protect the clothing, and apply as a poultice. Replace with a fresh one as it hardens.—E. E. Aschenbrenner.

Inflammation of the Stomach and Bowels.

339.—Use smartweed poultice made as follows: Procure smartweed,—do not mistake heatsease for it, as the plants are much alike—cut off the roots. Have ready two cloth bags eight or ten inches square and fill with the plant. Sew the bags shut and dip in boiling water for a moment. Wring one as dry as possible and place on the affected part as hot as can be borne. Cover with dry cloth to keep the patient's clothing dry. When it begins to cool change for

the hot one. Repeat till the patient is relieved.—Jemima Kob, Garden Grove, Iowa.

Summer Complaint.

340.—Stir together one teaspoonful of ginger, one heaping teaspoonful of flour and two tablespoonfuls of water. Repeat as a dose as often as necessary.—Mrs. E. F. Jones, Carrollton, Mo.

341.—Grate one-half of a nutmeg in a cup, scald with just a little boiling water, cool, stir in a little flour if liked and drink. Repeat the dose in an hour if necessary.—Lizzie Greene, Lewiston, Idaho.

342.—To one saucerful of best brandy add one tablespoonful of ground allspice and one-third of a nutmeg, grated. Now, burn off the sulphur end of a match and set fire to the brandy and burn it half away. For a dose of the remainder, give one-half teaspoonful every half hour until the bowels begin to check, then give every hour or further apart as needed.—Lucinda Bailey, Mt. Etna, Iowa.

343.—Take blackberry roots, cut up fine, and put on to boil in sufficient cold water to cover completely. Boil until reduced one-half, sweeten, strain, and drink freely until relief is obtained. Or, take one quart of blackberry juice, one tablespoonful each of ground cinnamon, allspice and cloves, sweeten to taste, boil till reduced one-half, and give in tablespoonful doses, often or at longer intervals, according to the severity of the case.—Sara Reese Eby, West Elkton, Ohio.

344.—Mix one teaspoonful of ground cinnamon with one-fourth teaspoonful of saleratus and one teaspoonful of sugar, pour boiling water over and let stand until cool, then add one ounce of tincture of rhubarb. Dose, one-half wineglassful.—Mary McCutcheon, Udall, Kans.

345.—As a good preventive of summer complaint, chol-

era morbus, etc., make a strong tea of cinnamon bark by pouring boiling water over it and allowing it to stand awhile before taking. Use with or without sugar, as preferred, and as much and as often as desired. This can be used with a physician's medicine if desired.—Effie B. McBride, Ari, Ind.

Diarrhœa.

346.—Give castor oil in teaspoonful doses.—L. J. Porter, Natoma, Kans.

347.—The best thing I have found for diarrhœa is tea of white oak bark, but it must be used carefully. A tablespoonful is enough for a dose for a child and must be given only when needed.—Sarah C. Goughnour, Canton, Ohio.

348.—For an adult take as much powdered borax as will lie on the end of a knife, every morning and evening. —Sophia Voorhis, New Waverly, Ind.

349.—Put together one ounce of essence of peppermint, one ounce of tansy, one ounce of oil of anise seeds, one ounce of laudanum, one ounce of tincture of rhubarb and one ounce of hot drops or Number Six. For an adult take from thirty to forty drops in a tablespoonful of sweet milk after each passage.—Mary M. Wise, Peabody, Kans.

350.—That the patient should rest is of first importance. Take one teaspoonful of tannalbin, to be had at the drug-stores, and repeat the dose every thirty minutes until relieved. Also apply a heating compress to the abdomen, by wringing four thicknesses of cotton cloth out of cool water, and applying, then covering with rubber cloth with flannel on top of all.—A. K. Graybill, Washington, D. C.

351.—To one pint of limewater add one pound of sugar, two teaspoonfuls of laudanum, two teaspoonfuls of extract of rhubarb, and two teaspoonfuls of extract of peppermint.

Dose, one teaspoonful every hour until relieved.—Minnie B. Smith, Berthoud, Colo.

352.—To three ounces of cinnamon water add one ounce of subcarbonate of bismuth. Give one teaspoonful every three or four hours until relieved.—A. K. Graybill, Washington, D. C.

353.—To a well-beaten egg add one tablespoonful of vinegar, a pinch of salt and a pinch of black pepper. This is one dose for a grown person.—Lucinda Bailey, Mt. Etna, Iowa.

354.—Take one teaspoonful of grated nutmeg, one teaspoonful of corn starch and one teaspoonful of white sugar in one-half glass of water just after the bowels act.—Mary B. Peck, Manvel, Texas.

355.—Drink a strong tea made of allspice.—Mrs. J. E. Gnagey, Accident, Md.

356.—Chew whole cloves.—Flora L. Moore Dougherty, Eldora, Iowa.

357.—Take several blackberry or raspberry roots, wash clean, cut fine with a knife, cover with water and boil till a strong tea is made, drain off and strain. Now, add sugar to make a syrup. When finished, bottle, cork and seal to keep sweet. Dose, one teaspoonful one to three hours.—Mrs. H. A. Whisler, Laton, Cal.

358.—The tender green leaves of the strawberry are effective in checking diarrhœa or any relaxed state of the bowels. An adult may eat the fresh leaves, but for children they must be steeped and the tea slightly sweetened. Allow the patient to drink it freely.—W. B. Hopkins, Crystal, Mich.

359.—For violent pain in the stomach with diarrhœa, take one teaspoonful of black pepper in a glass of water. Don't try the "spice mill" pepper as that is half adulterants.—N. J. Roop, Warrensburg, Mo.

Diarrhœa, or Dysentery.

360.—Boil one dozen corn cobs in a gallon of water for one-half hour, remove the cobs, add a handful of blackberry leaves and boil the tea down to one quart. Remove from the fire, strain through a cloth, add a little sugar if desired and set in a cool place. Let the patient drink of it quite frequently.—Emma C. Newcomer, Lanark, Ill.

Dysentery.

361.—Grate nutmeg, pour boiling water on and let stand five minutes. Sweeten. Drink while hot.—M. E. Rothrock, Hartland, Wash.

362.—Drink freely of strong tea made of raspberry leaves.—Ida K. Mowen, Lanark, Ill.

363.—Take one ounce of spirits of camphor, one ounce of oil of cloves and one ounce of laudanum. Shake well before using. Dose, ten drops from one-half to every two hours according to the severity of the case.—Catharine L. Yundt, Lordsburg, Cal.

364.—Take equal parts of oil of cinnamon, oil of cloves and oil of camphor. Dose for adult, fifteen to twenty drops in lukewarm sugar water.—Lizzie A. Bitzer, Ephrata, Pa.

Flux.

365.—Give strong tea made of dog fennel.

Diarrhœa, Dysentery and Flux.

366.—For an adult give one heaping teaspoonful of flour mixed with pure cold water to the consistency of cream, every few hours. For children give less.—Amanda Witmore, McPherson, Kans.; Annie E. Evans, Lancaster, Pa.; George Studebaker, Anamoose, N. Dak.

Stomach and Bowel Troubles.

367.—Mix five cents worth of camphor, five cents worth of laudanum, and five cents worth of rhubarb. Dose, for

infants one drop, for children five to ten years old five drops, and for adults ten drops.—Mrs. S. J. Kester, Chanute, Kans.

Cramps, Vomiting and Cholera Morbus.

368.—Drink freely of a strong tea made from yarrow.—D. C. Summy, Mt. Pleasant, Pa.

Cramps or Cholera Morbus.

369.—Inject sweet oil and warm water for immediate relief.—Fanny E. Light, Nurse, Pasadena, Cal.

Cholera Morbus and Diarrhœa.

370.—Mix chloroform one ounce, spirits of lavender one ounce, spirits of camphor one ounce, essence of Jamaica ginger one ounce, essence of peppermint one ounce, essence of cinnamon one ounce, tincture of cardamom one ounce, tincture of opium four drachms and simple syrup sixteen ounces. Dose, one teaspoonful every hour. More than two doses are not often required to effect a cure.—Amanda L. Newcomer, Nappanee, Ind.

Cholera Morbus.

371.—Take whole black pepper, grind it tolerably fine and put one tablespoonful of it in a glass with a tablespoonful of table salt and fill the glass half full of water. Fill up the glass with good cider vinegar, stir it up and take one tablespoonful for a dose. Wait a while and take another dose, stirring it up each time. Continue using it while the vomiting lasts.—Ida J. Bowser, Bevansville, Md.; A. J. Miller, Sangerville, Va.

372.—Mix one tablespoonful of black pepper and one tablespoonful of salt with one-half glass of strong apple vinegar and take a spoonful every half hour or so, as the case requires.—R. M. Gross, Rogersville, Tenn.

373.—Take one teaspoonful of yellow mustard in a quarter of a cup of warm water. Then eat some grated ice, retire at once and keep very quiet. Eat as much ice as you want.—Ora Beachley, Hagerstown, Md.

374.—Lay a mustard poultice on the stomach.—Lucinda Bailey, Mt. Etna, Iowa.

375.—Take one teaspoonful each of ginger and brown sugar, pour cold water over it and drink.—A. J. Miller, Sangerville, Va.

376.—Take of chloroform one ounce, spirits of lavender one ounce, spirits of camphor one ounce, essence of Jamaica ginger one ounce, essence of cinnamon one ounce, tincture of opium four drachms, tincture of cardamom one ounce, and simple syrup sixteen ounces. Mix all together. Dose for adult, one teaspoonful.—Isaac Wise, Peabody, Kans.

Cholera.

377.—Take equal parts of tincture of cayenne pepper, tincture of opium, tincture of rhubarb, essence of peppermint and spirits of camphor. Dose for adults, ten to thirty drops in cold water. Dose for children according to age. Can be taken every half hour in severe cases. This remedy is good for diarrhœa, dysentery, cholera morbus, cramps and cholera.—D. A. Shirk, Black Oak, Mo.; Mrs. Olive Moyer, Goshen, Ind.

The " Sun's " Cholera Mixture.

378.—The following recipe was printed in the N. Y. Sun when the cholera was raging in New York City, hence the name. Five cents' worth of cayenne pepper, five cents' worth of tincture of opium or laudanum, five cents' worth of tincture of rhubarb, five cents' worth of essence of peppermint, five cents' worth of spirits of camphor, five cents' worth of ground cloves, and five cents' worth of ginger.

Dose, fifteen drops in a wine glass of water every half hour. —Ora Beachley, Hagerstown, Md.

Cholera Specific.

379.—Take of essence of lavender one ounce, essence of cinnamon one ounce, essence of peppermint one ounce, tincture of rhubarb one ounce, spirits of camphor two ounces, sulphuric ether two ounces, Number Six two ounces, and tincture of opium two ounces, mix and give for cholera, colic, diarrhœa, dysentery or any other bowel complaint. Dose for adults, one teaspoonful every two hours in a little water and sugar. For children from one to ten years old, give from five to ten drops every two hours as the case requires.—Joseph Newcomer, Newburg, Iowa.

Cholera Mixture.

380.—The following is reliable for cholera morbus, etc.: Mix one-eighth ounce of spirits of lavender, one-eighth ounce of spirits of camphor, one-eighth ounce of essence of Jamaica ginger, one-eighth ounce of peppermint, one-eighth ounce of cinnamon, one-eighth ounce of tincture of opium, and one-eighth ounce of chloroform. Shake before using. Dose for adult, one-half teaspoonful in a little water. In severe cases repeat every fifteen minutes.—Jesse Mohler, Warrensburg, Mo.

Cholera Balsam.

381.—For cramp in bowels or stomach, take one-half ounce oil of gum camphor, one-fourth ounce oil of cinnamon, one ounce sulphuric ether, one-fourth ounce oil of sassafras, one-fourth ounce oil of wintergreen, one ounce of laudanum, one-half ounce of peppermint, two ounces of chloroform and one pint of alcohol. Dose for an adult, one-half teaspoonful.—Katie Shidler, Ashland, Ohio.

Pain Relief and Cure.

382.—To one pint of alcohol, add of spirits of turpentine one-half ounce, hartshorn one-half ounce, laudanum one-half ounce, oil of sassafras one-half ounce, oil of cedar one-half ounce, gum camphor one-half ounce, and essence of cayenne pepper one-eighth ounce. Dose for adult, one teaspoonful in a tablespoonful of sweetened water. For children give two drops for each year of age. This is for both internal and external use. Good for all kinds of pain, especially headache, dysentery, etc.—Lizzie Fahnestock, Montrose, Mo.

Pain Killer.

383.—Make a simple syrup of one pound of sugar and one pint of boiling water. When cool add one ounce of compound spirits of lavender, one ounce of chloroform, one ounce of Jamaica ginger, one ounce of peppermint, one ounce of cinnamon, one ounce of spirits of camphor and one drachm of tincture of opium. Dose for adult, one teaspoonful.—S. C. Miller, Brooklyn, Iowa.

384.—To one pint of alcohol add one-half ounce of gum guaiac, and one-fourth ounce each of gum myrrh, camphor and cayenne, shake occasionally for ten days and then strain. This is good to take internally for sick stomach, dysentery, colic, etc., and to apply externally for pain. Dose for an adult, ten to fifteen drops.—Stella Mosser, Brookside, W. Va.

Lightning Liniment.

385.—To one gallon of alcohol add of chloroform one-half pound, tincture of capsicum eight ounces, tincture of aconite root one ounce, oil of sassafras two and one-half ounces, oil of wintergreen one-half ounce, gum camphor three ounces, sweet spirits of nitre three ounces, oil of caje-

put two drachms, oil of origanum two drachms. Dose for an adult in cases of cramps, colic, cholera morbus, etc., is from fifteen to thirty drops in sweetened water. It can be given every half-hour in severe cases. It also relieves headache, toothache, or any kind of pain. It should be rubbed on for these and for rheumatism, etc.—Ella W. Reiff, Lafayette, Ind.

Note.—To make tincture of capsicum, add three ounces of capsicum to one quart of alcohol and let stand twenty-four hours, when it is ready for use.—Ella W. Reiff, Lafayette, Ind.

Blackberry Cordial.

386.—Take one pint of blackberry juice, one pound of white sugar, one-half ounce of powdered cinnamon, one-fourth ounce of mace and two teaspoonfuls of cloves, boil all together for one-fourth hour, strain the syrup and to each pint add a glass of French brandy. Two or three doses of a tablespoonful or less will check any slight bowel trouble.—Mrs. J. H. Peck, Manvel, Texas.

387.—Heat blackberries till soft, strain and to one pint of juice add three-fourths pound of white sugar, one-half ounce of cinnamon, one-fourth ounce of mace and two teaspoonfuls of cloves. Boil a short time and when cold add a little brandy. Bottle and cork well or seal.—Eliza Englar, New Windsor, Md.

388.—To one quart of blackberry juice add one pound of white sugar, one-half ounce of nutmeg, one-half ounce of cinnamon, one-half ounce of cloves. These must be pulverized. Boil together and when cold add one pint of brandy.—Ella Breneman, Cambridge City, Ind.

389.—To two quarts of blackberry juice add one and one-half pounds of loaf sugar, one-half ounce of nutmeg, one-half ounce of ground cinnamon, one-half ounce of allspice, and one-fourth ounce of ground cloves. Let juice,

sugar and spice come to a boil, skim and add a glass of pure brandy or good whisky. Put in bottles and keep well corked. Dose for adult, one tablespoonful; for child, one teaspoonful.—J. L. Shank, Fortuna, Mo.

Piles.

390.—Drink tea made from sumach tops.—Olive Moyer, Goshen, Ind.

391.—Take four ounces of lard, two drachms of camphor, one ounce of powdered galls and one-half ounce of laudanum, mix, and apply each night on going to bed.—D. G. Couser, Lincoln, Nebr.

392.—Burn cork over a lamp flame until it can be pulverized. After it is pulverized mix with it an equal amount of sulphur and a pinch of pulverized alum, then mix with enough unsalted lard to make a nice ointment. A sitz bath in as hot water as can be borne taken before this is applied will be a great aid.

393.—Eating a little rosin frequently during the day will relieve piles if not entirely cure them.—Catharine L. Yundt, Lordsburg, Cal.

394.—The following will cure piles of every kind. Sometimes six months or a year is required to effect a complete cure. Keep a small phial of coal oil convenient and anoint after each evacuation of the bowels.—U. T. Forney, Cando, N. Dak.

395.—Fry jimson weeds in lard, cleanse the parts well with warm water and anoint with this salve.—Amanda Witmore, McPherson, Kans.

396.—For piles or loss of power in rectum, fry any quantity of green catnip in unsalted lard or butter, but do not scorch it, strain and let cool. Use as an ointment, applying inwardly to the rectum.—C. A. Hoffman, Middlebranch, Ohio.

HEADACHE.

Sick Headache.

397.—Bruise the leaves of horseradish, wet in cold water and bind on the forehead. Wet it again when it becomes dry. Keep it on for an hour or more.—Jessie Slonaker, Burroak, Kans.

398.—Soak coarse brown paper in vinegar and place on the forehead. Bathe the eyelids with cool water.—Cassie Weddle, Larned, Kans.; Gertrude Rowland, Reid, Md.

399.—Take equal parts of compound spirits of lavender and sweet spirits of niter, a small teaspoonful every hour until relieved.—E. J. Senseman, Covington, Ohio.

400.—Put the patient to bed and give a gobletful of tea made of motherwort. This will produce a perspiration in a few minutes.—Edna B. Byer, Kenmare, N. Dak.

401.—Put one tablespoonful of ground mustard in a teacup, fill the cup with hot water and drink. This either settles the stomach or causes vomiting, either of which gives relief.—Lena B. Fleshman, Lindside, W. Va.

Headache.

402.—Put a cold cloth to the head and a bottle of hot water to the feet.—Mrs L. N. Moomaw, Roanoke, Va.

403.—Put a mustard plaster, made of one tablespoonful each of mustard and flour mixed with water, over the stomach and leave one hour.—Mrs. Josiah Clapper, Loysburg, Pa.

404.—Wring flannel cloths out of hot water and apply to the aching head.—Lucinda Bailey, Mt. Etna, Iowa.

405.—Add one ounce of bromide of potash to four ounces of water and take a teaspoonful four times a day.—Elenor B. Booth, Lancaster, Pa.

Nervous Headache and Insomnia.

406.—Drink hop tea, warm.—Mrs. E. G. Thomas, Butler, Ind.

Neuralgic Headache.

407.—Squeeze the juice of one lemon into a cup of strong coffee and drink.—Lizzie Forney, Phoenix, Arizona.

RHEUMATISM AND NEURALGIA.

Rheumatism.

408.—It must be borne in mind that remedies do not apply alike to all persons in rheumatic cases. In some cases the following is effective: Put soda into a bottle and let stand for one hour. Take one tablespoonful without shaking, every four hours. Water can be added as long as undissolved soda remains in the bottle. Another remedy consists of potassium iodide four drachms, syrup of stillingia three ounces, syrup of sarsaparilla three ounces. Take one teaspoonful every four hours. Shake well before taking. If, after taking two doses, much unpleasantness is felt about the ears, reduce the dose, or at least the potassium.—D. H. Snowberger, Payette, Idaho.

409.—Put baking soda on a white cloth, moisten well with alcohol and lay it on the joints or wherever there is severe pain.—Amanda Roddy, Johnstown, Pa.

410.—Mix in water as much salicylic acid as will lie on the point of a table knife and take immediately before eating, three times a day, for from two weeks to a month.—Mollie M. Blough, Stantons Mill, Pa.

411.—One-half pint of alcohol, one-half ounce of ether, one-half ounce of ammonia and one-half ounce of gum camphor. Take one-half teaspoonful once a day and bathe the

affected parts two or three times a day.—Mary M. Wise, Peabody, Kans.

412.—Cut poke root fine and cover with whisky. Take a teaspoonful, more or less according to its strength, ten minutes before meals.—Minnie B. S. Rodes, Bays, W. Va.

413.—Dissolve one ounce of gum guaiac in one pint of alcohol. Dose, one teaspoonful in sugar and water. Give two to four doses a day according to the severity of the case. For external application, dissolve three ounces of saltpeter in one pint of best cider, bathe the affected joints with this and hold to the heat as much as can be borne. If you cannot get the heat there, heat salt and put in thin bags and apply over the part after applying vinegar and saltpeter.—N. J. Roop, Warrensburg, Mo.

414.—To one ounce of oil of hemlock, one ounce of oil of tansy, one ounce of oil of white cedar, and one ounce of oil of wormwood, add enough alcohol to make one pint in all. Use as liniment.—E. Spindler, Woodland, Mich.

415.—Mix two tablespoonfuls of spirits of turpentine, two tablespoonfuls of laudanum, and four tablespoonfuls of olive oil. Bottle and keep well corked. Apply with the palm of the hand, rubbing well by a warm stove two or three times a day.—Mary A. Taylor,

416.—To one-half gallon of whisky add two ounces of prickly ash bark, two ounces of May apple root and two ounces of rattle weed or black cohosh root. Dose, one teaspoonful three times a day before meals.—Sarah E. Flory, Dayton, Va.

417.—Take of gin one quart, juniper berries two ounces, sulphur two ounces, burdock root or seed two ounces, sassafras bark two ounces, and Virgina snakeroot two ounces, all pulverized except the juniper berries. Dose, one tablespoonful three times a day, and in severe cases oftener.—Lillian Domer, Baltic, Ohio.

418.—Mix two ounces of black cohosh, two ounces of burdock seed, two ounces of juniper berries, two ounces of sassafras bark, two ounces of sulphur and one pint of Jamaica rum. Take one tablespoonful three times a day for ten days, then miss ten days, then take as before. This can be renewed several times by adding more rum.—Priscilla Jackson, Huntertown, Ind.

419.—Take one pint of Holland gin, one-half ounce of salts, one-half ounce of mandrake, one-half ounce of sulphur and one-half ounce of sarsaparilla. Put all together and let stand for four days. Take one tablespoonful every morning for three days, miss three days, take for three days and so on.—Rhoidy Aldstadt, Lindsey, Ohio.

Muscular Rheumatism.

420.—For stiff neck, pain under the shoulder blade, etc., bathe the affected parts freely with turpentine and apply a hot water bottle, or a sad iron as hot as can be borne when wrapped in a cloth. If the turpentine blisters it can be diluted by adding a little lard. Severe cases may not yield for from twelve to thirty-six hours but if application is made freely it is sure to yield.—D. H. Snowberger, Payette, Idaho.

421.—Add two tablespoonfuls of salt and two tablespoonfuls of salts to one pint of strong apple vinegar, warm the mixture, bathe the affected part and apply hot flannel. —Mrs. L. N. Moomaw, Roanoke, Va.

Inflammatory Rheumatism.

422.—Add one-half ounce of saltpeter to one-half pint of sweet oil, shake well and bathe the parts affected.—Perry Bowser, Bevanville, Md.; Hetty Engel, Darlow, Kans.

423.—Rub the affected parts thoroughly with a towel, after which apply turpentine or some strong liniment. Then

wrap with cotton. This will create a heat and give relief. —Sarah A. Sell, Newry, Pa.

424.—To one gallon of the best whiskey add one ounce of each of the following roots, bruised: Wild cherry, sassafras, poplar, prickly ash, bitter salad, comfrey, elecampane, rattletop, burdock, horseradish, spikenard, pine tops, golden seal, bittersweet and rhubarb. Dose, one tablespoonful before each meal.—Wm. A. Anthony, Shady Grove, Pa.

425.—Take the oldest, rustiest mackerel brine to be had, boil till reduced one-half, wrap the affected parts in flannel and pour on this brine until the cloths are wet. As they dry, pour on more brine.—Lucinda Bailey, Mt. Etna, Iowa.

Lumbago.

426.—Mix oil of cloves two ounces, oil of cinnamon two ounces, oil of capsicum one-half ounce, gum camphor three ounces, sweet oil two ounces, and alcohol. This liniment is also good for pain of almost any kind.—Mrs. Joseph Bartmess, Elkhart, Ind.

Neuralgia.

427.—Moisten common baking soda with warm or hot water, spread on cloth one-eighth of an inch thick and apply to the pain.—Anna Sniteman, Keota, Iowa.

428.—Put in a bottle ten cents' worth of gum camphor and ten cents' worth of morphine, add one pint of best coal oil and one-fourth pint of spirits of turpentine. For external use.—Mary McCutcheon, Udall, Kans.

429.—Mix the yolk of one egg, one teaspoonful of turpentine and one tablespoonful of salt and apply on a cloth to the afflicted part.—Mamie Riddle, Home Camp, Pa.

430.—Take perfectly fresh leaves of the large field thistle, or bull thistle, press a gallon measure full of them, then put in as much water as it will hold. Boil down to one-half gallon, let cool, then strain. Take a wineglass of this tea every morning before breakfast and in the evening before supper. Take fresh leaves of the same thistle, put them into a clean cloth and pound to a jelly. Apply a layer of this to the afflicted part, bind on with cloth every night until the patient feels relieved.—Mary Gibbel, Cincinnati, Ark.

431.—Take of salicylate soda two drachms, spring water six ounces and port wine two ounces, a tablespoonful three times a day, or it may be taken oftener as the case may require.—Hattie Yeck, Centerview, Mo.

432.—Burn beeswax or bee comb in such a manner that the vapor can come in contact with the parts affected. A good way is to burn it in a can with a spout having a small opening. This is also good for earache and for inflammation of any kind.—M. Bartmess, Elkhart, Ind.

Neuralgia in the Face.

433.—Get whole black pepper and grind fine, put one tablespoonful in three tablespoonfuls of good sour vinegar, add just enough flour to make stick, spread this on tough paper and lay on the face—eyes and all—and let it dry on. —N. J. Roop, Warrensburg, Mo.

Make a plaster of ginger and whisky and apply.—Porter Kimmel, Morrill, Kans.

Neuralgia of the Stomach.

434.—Drink a cup of water as hot as can be taken and wrap in blankets until relief comes.—Ella Wayland, Elkhart, Ind.

FEBRILE DISEASES.

Biliousness.

435.—Take the juice of one, two or three lemons, according to appetite, in as much ice water as is pleasant to drink, without sugar, before going to bed at night. In the morning, on rising, or at least one-half hour before breakfast, take the juice of one lemon in a glass of water without sugar. The stomach should not be irritated by eating lemons clear, but they should be properly diluted so as not to burn or draw the throat.—Alice C. Garman, Lancaster, Pa.

Liver Complaint.

436.—Take a cup of fresh buttermilk each day.—Perry Bowser, Bevansville, Md.

Ague.

437.—Take what the hand will clasp each of ironweed roots and plantain roots and put into one-half gallon of water. Boil down to one quart. Dose, one-half teacupful on going to bed.—Ida E. Yoder, Munson, Ohio.

Ague or Malaria.

438.—Make strong tea of common mullen root. Drink one-third of a glass of this every two hours until the disease is broken. Continue the same amount every few hours for twenty-eight days to prevent the return of the malady. —Lydia E. Taylor, Trained Nurse, Waterloo, Iowa.

Chills and Fever.

439.—Tea made of mountain sage, or salvia, and used freely will cure chills. Tea made of peach tree leaves, used freely in combination with lemons, will cure the most obstinate case of chills or malaria.—Lizzie Forney, Phoenix, Arizona.

440.—Drink freely of tea made of the root of the common plantain. This is also a good summer tonic.—Oliver Messmore, Morrill, Kans.

Malaria.

441.—An eminent physician writing about sulphur in regard to putting it in the shoes as a preventive of malaria, says it has been proved that mosquitoes carry germs, and have the power of inoculating human beings with malaria and other diseases, but neither mosquitoes nor fleas, it is said, will touch the blood of persons who take sulphur into their systems. By putting a little sulphur into the shoes now and then, enough, it is said, will be absorbed into the system to keep the pests off.—S. Gnagey, Pasadena, Cal.

Antiperiodic Tincture.

442.—Mix one drachm of elixir vitriol, and twenty grains of sulphate of quinine, and add fourteen drachms of tincture of black cohosh. Dose for adults, twenty drops in water every hour. For children give according to age.—Lizzie Fahnestock, Montrose, Mo.

Fevers.

443.—When one begins to feel drowsy and lose appetite and the tongue is coated, it is an indication of typhoid fever, although there are other symptoms. First cleanse the bowels with a good physic and syringe. Then commence with the lemons. Roll one and cut one end off. Put salt in and suck the juice out. Eat five or six a day. Sponge the body with cool—not cold—water every morning before breakfast, afterward rubbing briskly with a rough towel. Do not eat much for a few days.—Lizzie Forney, Phoenix, Arizona.

444.—To break up fever, begin in time and drink very freely of boneset tea.—Lizzie Rawlins, Hinsdale, Ill.

Typhoid Fever.

445.—Beat raw onions to a pulp and put in bags made of thin lawn or cheese cloth and apply these poultices to the hands and feet, changing morning, noon and evening, keeping on thirty-six hours. The earlier this is done the better. The effect is immediate quiet and great relief to the sufferer and, we think, insures recovery. To prevent the odor from being noticed take old table oilcloth and bind over the poulticed hands and feet.—N. J. Roop, Warrensburg, Mo.

446.—Bind fresh burdock leaves wilted in hot vinegar on the wrists and the soles of the feet of the patient. Horseradish leaves may be used if burdock cannot be had.—L. Bartmess, Elkhart, Ind.

Fever Drops.

447.—Mix fluid extract of pleurisy root ten drachms, fluid extract of valerian eight drachms, tincture of gelseminum eight drachms, tincture of bloodroot four drachms, and tincture of aconite one drachm. Dose for adult, thirty to forty drops in water every three or four hours. For children give according to age.—Lizzie Fahnestock, Montrose, Mo.

BED SORES AND FEVER SORES.

Bed Sores.

448.—Wash the parts twice a day with tepid water, dry thoroughly, then bathe with an ointment made of equal parts glycerine and good grape wine. Use pads to prevent the sores from touching the bed. To prevent bed sores, keep the patient strictly clean, bathe often with pure water, dry thoroughly, after which give gentle hard rubbing. Keep a large washbowl of fresh water under the bed.—Amanda Witmore, McPherson, Kans.

Fever Sores.

449.—Apply pure water as hot as can be borne. Use a fountain syringe or a five gallon tin can made to attach a rubber tube. Shower the sore limb slowly for one-half hour twice a day, using five gallons of water each time. If the sore is open the water must be boiled and cooled till the patient can bear it. For an antiseptic add a few drops of carbolic acid or turpentine to the water. When done, dry, apply soft ointment, and bandage from the toe to above the sore. For inflamed sores, old ulcers, cuts on rusty wire or from stepping in nails, or where there is any pain, swelling or inflammation, the above remedy will alleviate pain, reduce swelling, and remove inflammation and hence must heal.—Amanda Witmore, McPherson, Kans.

Offensive Sores.

450.—Wash well in equal parts of alcohol and water.—Mrs. Josiah Clapper, Loysburg, Pa.

DROPSY, KIDNEY AND URINARY TROUBLES.

Dropsy.

451.—Into an earthenware jug put four quarts of strong, healthy cider vinegar. Take two handfuls of parsley roots and tops cut fine, one handful of scraped horseradish, two tablespoonfuls of bruised mustard seed, one-half ounce of squills, and one-half ounce of juniper berries, put all in the jug and place near the fire for twenty-four hours, so as to keep the cider warm, shake up often, strain through a cloth and keep it for use. For an adult give one-half wineglassful three times a day on an empty stomach. If necessary you may increase the dose, although it must be decreased again as soon as the water is carried off. Use dry victuals only and exercise gently.—Sarah A. Crowl, Goshen, Ind.

452.—Add one drachm of broomcorn seed, well powdered and sifted, to one and one-half wine glasses of good, rich wine, let it steep twelve hours, and give in the morning on an empty stomach, having first shaken it so that the whole may be swallowed. After this let the patient walk, if able, or use what exercise he can without fatigue for one and one-half hours. Then give two ounces of olive oil and do not allow him to eat anything for one-half hour afterwards. Repeat this every day or once in three days and not oftener till a cure is effected. Do not let blood nor use any other remedy during the course. Nothing can be more gentle and safe than the operation of this remedy. If dropsy is in the body it discharges without inconvenience. If between the skin and flesh it causes blisters to rise on the legs by which it runs off, but this very rarely occurs. In this case no plasters may be used but apply red cabbage leaves. This cures dropsy in pregnant women without injury to either the mother or child. It is also good in asthma, consumption and disorder of the liver.—Sarah A. Crowl, Goshen, Ind.

453.—Compound No. 1: Take of Queen of the Meadow three ounces, clivers two ounces, buchu one ounce, juniper berries two ounces, Uva Ursi one ounce, Fal's bittersweet one ounce, spearmint one ounce, dwarf elder two ounces, and slippery elm one ounce. Have all ground and mixed. Steep from one to two teaspoonfuls of this compound in one pint of boiling water thirty minutes. When cool drink often during the day but never on an empty stomach. After this compound has been used three months use Compound No. 2: Take of golden seal, boneset and parsley each one ounce, steep and drink between meals.—Amanda L. Newcomer, Nappanee, Ind.

454.—Take one ounce of rhubarb, one ounce of eastern chamomile blossoms, one ounce of colombo root, one-fourth ounce of aloes, and one-half ounce of cinnamon drops, put

in a glass fruit jar and add one quart of best Holland gin. Of this tincture take a tablespoonful three times a day, or just enough to move the bowels three or four times a day. When one quart has been used down to the dregs, one-half of the former quantity of all the ingredients except the gin should be added. Add one quart of gin and take as before. Rise early, wash face and hands in cold water. Bathe feet in warm water at night. Exercise freely, in a rocking chair, on horseback or in a carriage. Diet must be simple and nutritious. No pork, coffee or vinegar must be allowed.—Mary M. Wise, Peabody, Kans.

455.—Take one gallon of best rectified hard cider of crabapples, four ounces of fresh horseradish grated, three ounces of garden parsley cut fine, two ounces of juniper berries, two ounces of elder blossoms, one-half ounce of squills root, and two ounces of white mustard seed, steep, not boil, all together for twenty-four hours in a crock with a tight crockery cover, strain, bottle and keep in a cool place. Dose, one wineglass full or half full three times a day before eating. Another remedy is tea made from ground ivy, a vine often found in house yards.—Mary Hawbecker, Franklin Grove, Ill.

456.—Get ten cents' worth of juniper berries at the drugstore and put them in a pint of liquor. Take one tablespoonful three times a day.—Christiana Sherfy, Johnson City, Tenn.

457.—Take one-half teaspoonful of Crab Orchard salts three times a day a little before meals. Then take a dose of castor oil. Repeat if necessary.—Fanny E. Light, Pasadena, Cal.

Kidney Trouble.

458.—If the kidneys will not work take saltpeter and burn it like alum and pulverize it. Take one-half teaspoon-

ful of this pulverized saltpeter and one teaspoonful of baking soda and add to one-half teacupful of water. Give twenty drops every hour until relief.—S. E. Renner, Payette, Idaho.

459.—Use purslane. This can be eaten as greens, salads or pickles.—N. J. Roop, Warrensburg, Mo.

460.—For diseased kidneys, take one pound of Canada thistle root, one pound of bull thistle root, one pound of winter brake root, one pound of buck-horn brake root and make three quarts of syrup to which add one pint of molasses and one pint of gin. Take three wineglasses a day.—Mrs. T. Chaffee, Woodland, Mich.

Bright's Disease.

461.—Take a double handful of the dried pods of the common white soup bean to three quarts of water, boil slowly for three hours until it is reduced to three pints. Let the patient drink as much of this as he conveniently can, using no other drink but this. It may be taken either hot or cold. —Perry Bowser, Bevansville, Md.

Kidney Remedy.

462.—Soak two ounces of liverwort in one and one-half pints of water for one hour, then place on the stove and boil for five minutes. Strain through a thick cloth, after which add one-half pint of cold water to the herbs and press firmly through cloth. Add three ounces of glycerine, four ounces of alcohol, one-fourth ounce of nitrate of silver and twenty drops of oil of wintergreen, set aside to settle. Carefully decant, bottle and keep in a cool place. Dose, one tablespoonful four times a day. Shake before using.—Sarah Shirk, Plattsburg, Mo.

463.—Take of oil of juniper one-half ounce, spearmint one-half ounce, spirits of turpentine one ounce, tincture of cayenne pepper one ounce, laudanum one ounce, alcohol one-

half pint. Cut the oil in the alcohol first and then add the other ingredients. Bathe the back, over the kidneys, twice a day, evening and morning, or oftener when pain is severe. —Nancy Bahr, Eugene, Oregon.

Backache.

464.—Take five drops of spirits of turpentine internally, and rub the back often with equal parts of spirits of turpentine, coal oil and meat grease.—Mellie F. Gochenour, New Market, Va.

Urinary Trouble.

465.—Where there is inflammation, drink hop tea, warm. —Mrs. E. G. Thomas, Butler, Ind.

Gravel.

466.—Eat seven peach seeds every morning before eating anything else, till well.—Sarah A. Crowl, Goshen, Ind.

Incontinence of Urine, or Bedwetting.

467.—Make a tea of snakeroot and allow the patient to drink it frequently.

SKIN DISEASES.

Tetter.

467.—Take five cents' worth of quicksilver and five cents' worth of aqua fortis and mix together in a cup until the aqua fortis has eaten the quicksilver, then add fresh lard till weak, and thin enough for use as a salve. Be careful in using and making not to inhale, as it is poison.—T. A. Robinson, Mansfield, Ill.

Tetter or Salt Rheum.

468.—Place some corn on the stove and let a smoothing iron rest on it. When the corn is brown take the sweat

from the iron and anoint the afflicted part. Or, to one ounce of glycerine add one-fourth teaspoonful of calomel, shake well and apply with a feather before retiring. Through the day use castor oil to soften and relieve the pain.—Ida E. Yoder, Munson, Ohio.

Ringworm.

469.—Bruise the green leaves or hulls of black walnuts and apply as a poultice. This will color the skin temporarily but will kill the ringworm.

Eczema.

470.—Mix four drops of carbolic acid in one teaspoonful of vaseline. Apply three or four times a day.—W. E. Whitcher, Manvel, Texas.

Boils and Skin Diseases.

480.—Mix one-half pound of cream of tartar and one-fourth pound of Rochelle salts. Take one teaspoonful before each meal.—Martha R. Tobias, Camden, Ind.

EYES, EARS, NOSE, TEETH.

The Eye.

481.—Do not allow your neighbor to treat your eye when it is sore and hot sterile salt water or bathing with hot (boiled) boric acid solution will not relieve. Have the care of a physician at once—an excellent eye specialist if possible. Eyesight is too valuable to be tampered with.—Lydia E. Taylor, Trained Nurse, Waterloo, Iowa.

Weak Eyes.

482.—Add one-half teaspoonful of salt to a pint of water and wash the eyes well.—Lizzie Forney, Phoenix, Arizona.

483.—For a cold settled in the eyes, or for inflammation of any kind or from any cause, take fresh sweet milk, add a lump of alum to it and heat. Apply the curd to the eyes over night.—Lybia A. Barnhart, Ottawa, Kans.

Sore Eyes.

484.—Take five cents' worth of sulphur of zinc and one hard-boiled egg, cut the egg open in halves, fill one half with sulphate of zinc and the other half with sugar, get a strong white cloth, put in—shell and all—and squeeze the juice out. Take as much soft water as there was juice and put together in a bottle, bathe the eyes and put one drop in three times a day. The yolk of the egg is not used.—Mrs. S. E. Derrick, Lydia, Okla.

Sore or Granulated Eyes.

485.—Mix one-half ounce of olive oil and four drops of fluid extract of opium or eight drops of tincture of opium and drop one drop on the eye ball at night.—D. J. McDonald, Seger, Okla.

Eye Wash.

486.—Break three eggs into one quart of clear, cold rain-water and stir until well mixed. Boil over a slow fire, stirring often. Add one-half ounce of white vitriol, continue the boiling for a few minutes, then set off to cool. When well settled, draw off and bottle. Wash the eyes with some of the liquid. The curd that settles in the bottom applied to the eyes at night will draw all the soreness out. It is painful for a time, but one or two washings will generally suffice and it is not injurious to the eye. This is good for man or beast.—Leona Shively, Newville, N. Dak.

Eye Water.

487.—Add three grains of sulphate of zinc to one ounce of soft water. Put in the eyes morning and evening, with the finger.—Mrs. J. S. Stutzman, Virginia, Nebr.

488.—Take one tablespoonful of white vitriol and one tablespoonful of salt, heat them on something copper or earthen until dry. The heating makes them milder in their action. Then add one pint of soft water, one tablespoonful of white sugar and a piece of blue vitriol the size of a pea. If the eyes are very sore add a little more water. Apply it to the eyes three or four times a day.—Catharine Wampler, Dayton, Va.

489.—To one quart of snow water or pure rainwater add one tablespoonful of salt, one tablespoonful of fine crushed sugar (pure), and one teaspoonful of white vitriol. To prepare the vitriol, lay a white paper on the back part of the stove and put the vitriol on it. Do not let it brown, but let it bubble up as long as it will, and let it remain until it is dry. Then pulverize it and add to the other ingredients. Use as a wash.—Jennie Neher, Mountain Grove, Mo.

490.—Take white vitriol, as much as will lie on the point of a penknife, loaf sugar the size of a small hickorynut, a teaspoonful of the white of egg, and fill up the vial with rain water. Shake well before using.—E. J. Senseman, Covington, Ohio.

491.—Take one ounce of white vitriol and one ounce of sugar of lead, dissolve in oil of rosemary, put in a quart bottle and fill with rose water. Bathe the eyes with this each night and morning.—Sarah A. Crowl, Goshen, Ind.

The Ear.

492.—The slightest defect in hearing if given prompt and proper attention may prevent deafness.—Lydia E. Taylor, Trained Nurse, Waterloo, Iowa.

Earache.

492.—Dip cotton in molasses and put in the ear and the pain will cease.—E. B. Lefever, Ephrata, Pa.

493.—Take a small piece of cotton, spread it out in a thin sheet, sprinkle black pepper in the center, fold up so as to form a slender roll, and so that the pepper cannot come in contact with the ear, wrap with thread so as to make it stiff enough to put in the ear as far as possible, dip in sweet oil and insert in the ear.—Laura E. Geotze, Saratoga, Wyo.; Mary A. Sell, Newry, Pa.; Minerva Kintner, Bryan, Ohio.

494.—Make a small funnel of stiff paper—writing paper is good—saturate a ball of cotton about the size of a hickorynut with chloroform, drop it into the funnel. Now place the small end of the funnel in the aching ear, draw a long breath and blow into the large end of the funnel so as to carry the fumes into the ear and ease all pain at once.—Nellie L. Cadwallader, Prairie City, Iowa; Elenor B. Booth, Lancaster, Pa.

495.—Drop a few drops of olive oil with one or two of laudanum into the ear and cover the ear with hot flannels, changing often.—Lizzie Forney, Phoenix, Arizona.

496.—Place a towel around the neck, take warm water —not hot enough to burn the ear—and pour into the ear with a spoon, allowing it to run well into the ear. Then turn the head over so as to let the water run out. Continue for a few minutes. Repeat if not relieved at first.—Mamie Riddle, Home Camp, Pa.

497.—Fry sweet clover in unsalted butter. Drop into the ear while melted but not hot.—Bessie Devilbiss, Yale, Iowa.

498.—Put a few drops of melted butter in the ear.—Hannah M. Felthouse, Elkhart, Ind.

499.—Take a lage onion and cut it into slices. Put a slice of onion, then a slice of strong tobacco, then a slice of onion, and so on until the onion is all laid up. Wrap in a wet cloth and cover with hot embers till the onion is cooked. Press out the juice and drop from two to four drops in the ear. The onion prepared in this way without the tobacco and taken internally will often break up severe colds in little children.—Mary Gibbel, Cincinnati, Ark.

500.—Dissolve asafœtida in warm water, drop a few drops in the ear and close the ear with cotton.—Ella Breneman, Cambridge City, Ind.

501.—Place a small handful of hops in an earthen vessel, cover with boiling vinegar and let stand a minute. Then put them in a thin cloth or small sack and bind behind the ear.—Sallie C. Cline, Castleton, Kans.

502.—For earache and dull hearing caused by earache, roast a small unpeeled onion, peel while hot, put a drop of sweet oil on it, put in the ear as hot as can be borne. For hard hearing repeat this for nine successive evenings before retiring.—Mary Wampler, Dayton, Va.

Deafness.

503.—Drop rattlesnake oil in the ear once or twice a week.—Lucinda Bailey, Mt. Etna, Iowa.

Bleeding at the Nose.

504.—Bathe the face and neck with cold water.—Gertrude Rowland, Reid, Md.

505.—Put a little alum water in the palm of the hand and draw up the nose.—A. E. McClellan, Litchfield, Nebr.

506.—Squeeze the juice of half a lemon into one-half cup of water, pour a small quantity of this at a time into the hollow of the hand and draw up, by sniffs, into the nostrils. —Lydia E. Taylor, Trained Nurse, Waterloo, Iowa.

507.—Press your thumb or finger down along the edge of your jawbone on the same side the nostril is bleeding till you feel the beating of the artery, then press on it firmly for about five minutes and even the worst cases will stop.—J. H. Crofford, Martinsburg, Pa.

508.—An effective remedy is in vigorous motion of the jaws, as in chewing. For children it is often necessary to give them something to chew. A piece of dried beef is very good, or a wad of paper will answer the purpose.—A. J. Miller, Sangerville, Va.

509.—Bite the teeth together.—Mary A. Metzler, Wakarusa, Ind.

Toothache.

510.—Take equal parts of fine salt and pulverized burnt alum. Put on cotton and insert in the cavity.—Mrs. E. F. Jones, Carrollton, Mo.; Edna B. Byer, Kenmare, N. Dak.

511.—Burn a piece of paper on an old plate, then with a small wad of cotton wipe up the brown sweat on the plate and plug into the tooth. Repeat if necessary.—Laura M. Shuey.

512.—Fill the cavity in a decayed tooth with salt, or hold hot water in the mouth, as hot as can be borne.—Katie E. Keller, Tipton, Iowa.

513.—Wrap a pinch of black pepper in a bit of white muslin and hold it on the cavity.—Florence Miller Leiter, Glade, Pa.

514.—Equal parts of oil of cloves and chloroform applied on a piece of cotton will relieve quickly and applied a few times will destroy the nerve.—Clifford Ellis, Dixie, Wash.

515.—Dip a bit of cotton in laudanum or spirits of camphor and insert it in the tooth. To draw cold out put a

mustard plaster on the cheek over the tooth. If these fail, put shoemakers' wax on the cheek. This is hard to remove unless the face is well greased. In trying to kill the nerve, burnt alum is helpful. Put the alum on the stove until it is dry enough to powder easily.—Mary Grace Hileman, Elgin, Ill.

516.—Cut open a fig and lay it on the tooth that aches. Make a small muslin sack and fill it about half full of cayenne pepper. Dampen that with whiskey if you have it, if not use water, and tie it on the face over the tooth that aches.—Callie Beachley, Hagerstown, Md.

POULTICES, SALVES, LINIMENTS.

Mustard Poultice.

517.—To make a mustard poultice that will not blister, use the white of an egg instead of vinegar in mixing the mustard.—H. J. Mumah, Union City, Ind.

518.—To make a mustard draft, beat up the white of an egg, add a tablespoonful of flour and enough vinegar to make a paste. Spread on a cloth and sprinkle with ground mustard. Cover with mosquito bar or a thin cloth. Warm before applying.—Laura M. Shuey.

A Soft Poultice.

519.—To poultice carbuncles, felons or boils, prepare rolled oats or oatmeal as for table use but without salt, add fresh, sweet milk until a very soft mass. Bind on the sore. Change as often as necessary. Keep the sore very clean with medicated glycerine soap.—H. J. Mumah, Union City, Ind.

A Mild Poultice.

520.—Heat new milk and crumb stale bread into it, let it cook for a few moments, spread on old white muslin and apply warm to the affected part. This is excellent for taking the poison out of the bites of cats, dogs, etc., sores caused by stepping in rusty nails, and for gatherings after they are opened. Also good for the bites or stings of insects.—Mary J. Buckwalter, Huntington, Ind.

A Quick Poultice.

521.—For sore throat, croup and tightness on the chest, mix one tablespoonful of lard, one tablespoonful of kerosene and one teaspoonful of turpentine with enough flour to spread nicely on a cloth.—Mary A. Metzler, Wakarusa, Ind.

Bread and Butter Poultice.

522.—For bruises and sores, take equal quantities of butter and bread crumbs, mix thoroughly, adding a little water, and apply as a poultice. This reduces pain and swelling and prevents discoloration.—Ada L. Early, Elgin, Ill.

Hot Water Poultice.

523.—For felons, bruises, wounds and all other inflammations, dip cotton in hot water and apply, changing often. If the affliction is on the hand or foot, hold it in hot water—as hot as can be borne—for an hour.—Mrs. Josiah Clapper, Loysburg, Pa.

Drawing Salve.

524.—For boils or to use as poultice, put one-half pound of beeswax, one-half pound of rosin and one-half pint of sweet oil in a new earthen pot and boil well together. When it is all melted add spirits of turpentine until thin enough and keep stirring it until cold.—Sarah E. Minnich.

525.—Melt all together, one pound of mutton tallow, one-half pound of rosin, one-fourth pound of beeswax, and one ounce of camphor gum.—E. Spindler, Woodland, Mich.

526.—Take one handful of horseradish root, one handful of pokeroot, one handful of blackroot, three hearts of mullein, three onions, one handful of balsam buds and one-half gallon of lard. Warm the lard, cut the roots very fine or grind them, boil all together for one-half hour, stirring constantly. Strain. This draws severely, but it is especially good for cuts and bruises.—Lillian Domer, Baltic, Ohio.

Drawing and Healing Salve.

527.—Take one ounce of gum ammoniac, one ounce of rosin, and one ounce of beeswax, cover with water and boil together until all is dissolved, then cool and work like taffy. Now add to it one ounce of mutton tallow or lard and one ounce of balsam fir, boil all together fifteen minutes, take off, stir till cool, then put in boxes. It will never spoil.—Catharine Wampler, Dayton, Va.

528.—Take one tablespoonful each of rosin, sheep's tallaw, hard soap and brown sugar, and mix thoroughly with a knife till they form a salve.—Sarah A. Sell, Newry, Pa.

Cleansing Salve.

529.—Take ten cents worth of tobacco, one pint of vinegar, one-fourth pound of mutton or veal tallow, one-fourth pound of rosin, one-fourth pound of lard and one-fourth pound of beeswax. Boil the tobacco in vinegar until the strength is out, then strain through a cloth, melt the other ingredients together and stir in the vinegar. Continue stirring till cold and well mixed.—Mrs. G. W. Crissman, St. John, Kans.

Ointment.

530.—For external use, for sore throat, sore hands or any soreness, take of lard four ounces, white wax one ounce, laudanum one ounce, oil of origanum one ounce, camphor gum one and one-half ounces. Mix the lard and white wax together, then add the laudanum and origanum and the camphor last.

Golden Ointment.

531.—Get five ounces of alcohol, one ounce of camphor gum, one ounce of origanum and one ounce of laudanum already mixed at the drugstore. Melt one-half pound of lard and one pound of beeswax together, remove from the stove and stir in the other ingredients. Stir all together until it is salve.—Rhoidy Alstadt, Lindsey, Ohio.

532.—A healing salve for sores, cuts and bruises. Mix in a bottle one ounce of alcohol, one ounce of gum camphor, one ounce of origanum, one ounce of laudanum. Melt one-half pound of beeswax and one pound of lard together and add the contents of the bottle, stirring until it is a salve.—Nevada Talhelm, New Camhria, Kans.

533.—Especially good for frozen feet and chapped hands. Mix one pound of melted lard, one-fourth pound of melted beeswax, one ounce of camphor gum, one ounce of origanum, one ounce of laudanum and five ounces of alcohol. For pain rub on and heat by fire.—Artemas Rosenberger, Telford, Pa.

Lead Plaster for Old Sores.

534.—Take one-half pint of sweet oil, one-fourth pound of pure red lead, beeswax the size of a guinea egg, one ounce of Venice turpentine, and one-half ounce of pulverized camphor. Fry the sweet oil and red lead together till

brown with a purple foam on the top, drop a little in water and if it will not break apart, let cool a little, add the bees wax and stir until dissolved, then add the turpentine and lastly the camphor gum. Stir all well together and box ready for use. Spread the salve on a cloth and put on the sore once a day.—Isaac Wise, Peabody, Kans.

Dutch Salve.

535.—Take one-half pound of beeswax, four ounces of rosin, one ounce of castile soap, three ounces of sheep tallow, two ounces of British oil, and one and one-half ounces of sweet oil. Cut the beeswax in small pieces, put with rosin and castile soap in a pan, heat slowly until dissolved, without boiling, add the tallow and stir until all are dissolved, then add the oils and continue to stir for fifteen minutes.—Gertrude Stoner, Hutsonville, Ill.

Green Salve.

536.—Melt together one pound of mutton tallow, two ounces of rosin, and two ounces of beeswax and when cooled somewhat stir in two ounces of white pine turpentine and add verdigris until the salve is of a bright green color. This is good for healing old sores.—Mrs. T. Chaffee, Woodland, Mich.

Broon's Rue Salve.

537.—Boil nine eggs till quite hard and let cool. Fry three handfuls of rue in two pounds of lard or unsalted butter. Remove the rue and when cool add the yolks of the eggs, rubbed fine, and one ounce of sweet oil. Strain through a sieve or cloth. If put in an open dish where the air can pass over it it will keep for months. An excellent salve for both people and cattle.—Lillian Domer, Baltic, Ohio.

Elder Salve.

538.—For burns, scalds, sore nipples, chapped hands, put the inner bark of elder and a teacupful of fresh, unsalted butter in a frying pan and stew slowly for one-half hour, strain through a thin cloth, put in a wide-mouthed bottle and keep covered. Spread on a soft cloth and apply.—M. E. Rothrock, Hartland, Wash.

Universal Salve.

539.—Good for white swelling. Take of litharge one-fourth pound, minium one-fourth pound, white rosin two ounces, yellow wax two ounces, and sweet oil one and one-half pounds, put in a small kettle and boil slowly over coals, stirring constantly to prevent burning. When all is dissolved pour into cold water and if too hard add more oil. Spread on a clean white cloth and apply to the sore.—Louisa Farnee, Adario, Ohio.

Salve for White Swelling.

540.—Take two quarts of cider, one pound of beeswax, one pound of sheep tallow and one pound of tobacco. Boil the tobacco in the cider till the strength is out, then strain it, add the other ingredients and stir over a gentle fire until all are dissolved.—Sarah A. Crowl, Goshen, Ind.

Healing Salve.

541.—Take equal parts of resin and mutton tallow. melt together and let cook a very little. When cool add three drops of carbolic acid to each ounce of the salve.—Rachel C. Merchant, Laporte, Ind.

542.—For old sores take one ounce of beeswax, one ounce of castile soap, both shaved very fine, one ounce of red lead, one-half pint of sweet oil, and boil together for one hour; then add one-half ounce of gum camphor and boil

five minutes longer. This should be made in a new earthen vessel. Stir while boiling to prevent burning. Good for old sores, indolent ulcers, and all cases in which a healing salve is wanted.—Lydia Brubaker, Argos, Ind.

543.—For running sores, take four ounces of castile soap, two ounces of red lead, two ounces of beeswax, and one-half pint of sweet oil, put these all together in a new crock that has never been used for anything else, boil until it is the color of a chestnut, remove from the fire and add one-half ounce of gum camphor. Spread on a piece of white muslin, large enough to cover the sore, and place directly on it. Change once or twice daily as the case requires.—Amanda L. Newcomer, Nappanee, Ind.

544.—Take equal parts of beeswax, mutton tallow, castile soap, resin and alcohol, or best rum. Dissolve the first four ingredients over a slow fire, putting the tallow in first to prevent sticking. After removing from the fire add the alcohol.—Chas. C. Gibson, Auburn, Ill.

545.—To take the inflammation out of all kinds of sores. Melt together equal parts of tallow, rosin and beeswax, or a little more tallow than the other ingredients.—Minnie Rexroad, Darlow, Kans.

546.—For scalds, take equal parts of sweet oil, beeswax and turpentine, melt the beeswax and sweet oil together. When cold stir in the turpentine, mix well and apply. This will exclude the air, relieve the pain and leave no scar.—Mrs. I. C. Myers, Greenmount, Va.; Maud A. Kline, Ginghamsburg, Ohio. In addition to the turpentine, add a small quantity of laudanum, stir until the mass is cold, spread on soft cloths and bind around the affected part.—Rose Snowberger, Payette, Idaho.

547.—Take one-fourth pound of sheep or calf tallow, one-fourth pound of resin, one-fourth pound of beeswax.

Melt all together over a slow fire, mix well, and pour into a shallow pan. When cold cut in shapes and wrap in paper. —Catharine L. Yundt, Lordsburg, Cal.; Fannie A. Metzler, Wakarusa, Ind.

548.—Melt together one teacupful of white pine rosin, one-half teacupful of sheep's tallow, one ounce of beeswax, one ounce of camphor gum, one ounce of cloves. Strain through a thin cloth. A few Balm of Gilead buds add a pleasing perfume.—Mrs. Isaac M. Eikenberry, Laplace, Ill.

549.—For old sores, take one-half pound of beeswax, red precipitate that will lie on the end of a case knife, sheep's tallow to soften, and blood root the size of a finger. Grate and put all together and melt. Spread on white cloth and apply.—Louisa Farnee, Adario, Ohio.

550.—For a good salve to dry up tender sores that vaseline and the like will only irritate, take as much as a wine-glass or equal parts of the following: Fish oil, rosin, beeswax, tallow, powdered alum. Mix all together by heating and stirring thoroughly.—Frances Miller Leiter, Glade, Pa.

551.—For cuts, burns, bruises, old sores, etc., take one-fourth pound of white turpentine, one-fourth pound of mutton tallow, one-fourth pound of beeswax, one-fourth pound of lard and one-fourth pound of yellow carrots. Grate the carrots, fry them in the lard till soft, strain through a cloth, put all together in a pan and heat to boiling point but do not burn.—Mrs. Joseph Hertzler, Baldwin, Md.

552.—For boils, old sores, etc, take one-half pound of mutton tallow, one-fourth pound of beeswax, one-fourth pound of pine gum, ten cents worth of saffron and ten cents worth of chamomile. Mix tallow, saffron and chamomile in a pan and melt slowly. Strain through a cloth and return to the pan, add the beeswax and pine gum, mix well and

mold in a cake. Spread very thin on a cloth and apply to the sore.—Mrs. G. W. Crissman, St. John, Kans.

553.—For healing wounds, take tobacco, a good handful if green, two ounces if dry, and a good handful of elder leaves, fry well together in unsalted butter, press through a cloth and use as a salve.—Sarah A. Crowl, Goshen, Ind.

554.—To remove mortification, take six hens' eggs and cook them in hot ashes until quite hard. Then take the yellows and fry them in a gill of lard until they are quite black. Then put a handful of rue with them and afterward filter it through a cloth. When this is done add a gill of sweet oil. Spread on a soft white cloth and apply to the sore.—Sarah A. Crowl, Goshen, Ind.

555.—To make a salve for burns, roast an egg an hour, pulverize the yolk, put a tablespoonful of lard in a frying pan and fry the pulverized yolk very brown, stirring constantly.—Elizabeth H. Calvert, Russellville, Ill.

556.—For old sores, take equal parts of Balsam Peru and glycerine, mix, and apply with a feather.—J. C. Barnes, Yale, Iowa.

557.—For healing sores, take Jimson weed leaves and fry out in lard until the lard is green. This is good for man or beast.—Lizzie Harnish, Mt. Carroll, Ill.

558.—For old sores, take one large handful of stramonium leaves, also known as thornapple, Jamestown or Jimson weed, and a small cup of lard, fry together right hard and strain.—Emma Buch, Richland Station, Pa.

559.—For cuts, boils, sores, etc., take one-half pound of sheep tallow and a handful of the leaves of stramonium or Jimson weed, fry about ten minutes, take out the leaves and add one-fourth pound of beeswax and nearly as much rosin. As soon as dissolved pour into some vessel and it is ready for use.—Lizzie Chamberlin, Yale, Iowa.

560.—For fresh cuts, old sores, etc.; fry a good double handful of Jimson leaves in one pint of lard. When thoroughly fried out strain through a thin cloth. Then add one-fourth pound of beeswax, melt all together, add one teaspoonful of red precipitate and stir until cool.—Mrs. I. N. Taylor, Whitesville, Mo.

561.—For cuts, burns, or old sores, take one teacupful of Balm of Gilead buds, one-half ounce of life everlasting, one-half ounce of the inner bark of the elder bush, beeswax the size of a hickorynut, two ounces of mutton tallow, and one teaspoonful of tar, put all in a vessel to fry until all the strength is out of the plants and strain when done.—Mary A. Himes, McCune, Kans.

562.—To make a healing salve take a handful of nine different kinds of herb tea, steep for one hour in one pint of lard and strain.—Eliza Slifer Cakerice, Conrad, Iowa.

563.—Good for catarrh or common cold in the head, chapped hands and all sores. Mix well together four ounces of vaseline, fifteen drops of carbolic acid and ten drops of peppermint oil. For catarrh or cold in the head, grease the nose, inside and out, several times a day and on going to bed at night.—Priscilla Jackson, Huntertown, Ind.

Liniment.

564.—For internal and external use. For colds, coughs, and touch of fever, fresh cuts and sores. To one pint of raw linseed oil add one-half ounce of pulverized camphor, one-eighth ounce of sulphuric ether, one-fourth ounce oil of cedar, one-fourth ounce oil of hemlock, one-fourth ounce oil of sassafras, one-fourth ounce oil of origanum, one-fourth ounce oil of spike, one-fourth ounce balsam of fir. Dose for adults, ten to thirty drops; for children, two to fifteen drops two or three times a day. For external use rub on where

the pain is. Wet a cloth and bind on fresh cuts, sores, etc. —Esther A. McDonald, Port Townsend, Wash.

565.—Good for sprains, etc. Take equal parts of origanum and spirits of camphor, put in a bottle and shake well. Bathe the affected part well with this liniment.—Sarah Beckner, Elkhart, Ind.

566.—For any pain in the stomach or bowels, diarrhœa, etc., and for external use, take of spirits of camphor one-half ounce, aqua ammonia one-fourth ounce, oil of sassafras one-fourth ounce, oil of cloves one drachm, chloroform two drachms, spirits of turpentine three drachms, dilute alcohol three drachms. Shake well before using. For external use, heat and apply to the affected parts. For internal use give fifteen to twenty drops for an adult. Give to children according to age.—Mrs. E. A. Kinzie, Haxtrum, Colo.

567.—For external use only. For inflammation, neuralgia, rheumatism, or any kind of pain. Take one ounce each of liniment of aconite, liniment of chloroform and liniment of saponis (soap), mix and rub well into parts affected.—Mrs. E. C. Overholtzer, Berkeley, Cal.

568.—Good for all external use, especially to rub on the chest in pneumonia. Mix equal parts of turpentine, hartshorn, camphor and sweet oil.—Minnie Rexroad, Darlow, Kans.

569.—For rheumatism, aches and pains, take one gill of coal oil, one gill of turpentine, one gill of alcohol camphor, one gill of apple vinegar, one raw egg, both white and yelk, well beaten, shake well together and it is ready for use.—Mrs. S. E. Derrick, Lydia, Okla.

570.—For stiff joints. Bathe with witch hazel.—Lizzie Rawlins, Hinsdale, Ill.

571.—Oil of sassafras one-half ounce, oil of hemlock one-half ounce, turpentine one-half ounce, balsam fir one-half ounce, chloroform one-half ounce, tincture of catechu one-half ounce, oil of origanum one-half ounce, tincture of camphor one-half ounce, oil of wintergreen ten drops, one quart of alcohol. Excellent for all bruises, sprains and all similar ailments.—Lydia Brubaker, Argos, Ind.

572.—Take of oil of cedar one ounce, oil of hemlock one ounce, oil of sassafras one ounce, oil of cloves one-half ounce, alcohol, full strength, eight ounces, mix and shake well together, then add chloroform one-fourth ounce, spirits of ammonia one-fourth ounce, tincture of capsicum one-half ounce, and tincture of guaiacum one-half ounce. For external use rub thoroughly the parts affected. For internal use take ten drops to relieve pain. Repeat in thirty minutes if not relieved.—Mrs. Lanson Clanin, Sangamon, Ill.

573.—For anything for which liniments are used, and especially for rheumatism, take of spirits of hartshorn one and one-half ounces, sulphuric ether one and one-half ounces, spirits of turpentine one-half ounce, sweet oil three-fourths ounce, oil of cloves one-half ounce and chloroform one ounce. Shake well before using. This is good for man or beast.—Sarah Shirk, Plattsburg, Mo.

574.—One ounce of spirits of turpentine, two ounces of olive oil, one ounce of spirits of camphor and two ounces of aqua ammonia.—Fanny E. Light, Nurse, Pasadena, Cal.

575.—Mix together two ounces of best olive oil, two ounces of ammonia and two ounces of turpentine and apply on the outside for pain in the chest or lungs.—A. S. Lint.

575.—Take equal parts of ammonia, sweet oil, turpentine and camphor.—Amanda L. Newcomer, Nappanee, Ind.

577.—Mix five ounces of oil of spike, five ounces of spirits of turpentine and one ounce of liquid opodeldoc. Excellent for wire cuts, sprains, bruises and wounds of all kinds.—W. P. Pfoutz, Earlton, Kans.

578.—Take of sassafras oil one ounce, oil of hemlock one ounce, oil of spike one ounce, oil of cedar one ounce, oil of origanum one ounce, oil of gum camphor one ounce, and add one quart of linseed oil. This is useful in ivy poison and sores, headache, rheumatism, piles, insomnia, etc. Dose for adults, from twenty to forty drops. For children, ten to twenty drops.—Joseph Newcomer, Newburg, Iowa.

Snow Liniment.

579.—For rheumatism and all kinds of sprains. Mix thoroughly one pint of cider vinegar, two eggs well beaten, four tablespoonfuls each of turpentine and camphor, ten cents' worth of chloroform and five cents' worth of oil of mustard. It is better after standing for a few weeks.—Mrs. G. W. Crissman, St. John, Kans.

White Liniment.

580.—Good for sprains, bruises, sores, sore throat, etc. Take one quart of sharp apple vinegar, one-half pint of turpentine, and three eggs, and shake well together. This is equally good for man or beast.—Leona Shively, Newville, N. Dakota.

581.—For man or beast. For external use only. In a quart bottle put one-half pint of hard water and two ounces of turpentine and shake five minutes. Beat two eggs, add in the bottle and shake five minutes. Add two ounces of methylated spirits of alcohol and shake five minutes. Add enough hard water to fill the bottle, shake five minutes and it will be ready for use.—Artemus Rosenberger, Telford, Pa.

582.—Beat one raw egg as thoroughly as for cake, put in a bottle with one-half pint of spirits of turpentine and one-half pint of good cider vinegar and shake well together. If it does not mix completely at first continue to give it an occasional shaking. It will soon resemble cream in color and consistency. This liniment improves with age. For local application in pneumonia, pleurisy, sore throat, cold on the lungs, muscular rheumatism, etc., warm by the fire and apply freely to the affected part, rubbing in till dry.—Lizzie Bagwell, Bremen, Ohio.

583.—An external remedy. Mix equal parts of sweet oil and aqua ammonia.—J. H. Fahnestock, Montrose, Mo.

584.—Mix one-half ounce of hartshorn, one ounce of gum camphor, two ounces of turpentine, three ounces of sweet oil and four ounces of alcohol, and use externally only, for burns, bruises, sprains, cuts and sores.—J. J. Kuns, Brookville, Ohio.

Black Liniment.

585.—Take one ounce of British oil, one ounce of spike oil, two ounces of vitriol oil, one pint of turpentine, and one pint of raw oil. This is good for any sore, also for swellings and bruises. A. E. Bonessteel, Shellsburg, Iowa.

Snider Liniment.

586.—For internal or external use. Take of gum camphor one-fourth ounce, cinnamon one-fourth ounce, oil of wintergreen one-fourth ounce, laudanum one ounce, sulphuric ether one ounce, chloroform one ounce and alcohol one pint. For colds take one teaspoonful in a little water with a little sugar added. For children reduce the dose according to age. For rheumatism, neuralgia, etc., bathe the affected parts.—Lillian Domer, Baltic, Ohio.

Golden Proof Liniment.

587.—Bring one pint of vinegar to a boil, then add one large tablespoonful of salt, one-half tablespoonful of soft soap, one tablespoonful of cayenne pepper, one and one-fourth tablespoonfuls of sweet oil and one and one-fourth tablespoonfuls of turpentine. Let boil after each ingredient is added, let cool, then add one-fourth tablespoonful of ammonia. This is good for man or beast.—Allie Eisenbise, Virginia, Nebr.

Golden Oil.

588.—For bad colds, burns, sores, etc. To one pint of raw linseed oil add one ounce of cedar, one ounce oil of hemlock, one ounce oil of sassafras, one ounce oil of origanum, and one-half ounce gum camphor. For colds, take about one-half teaspoonful in a little sugar three times a day. For burns or sores, bathe the affected parts several times a day.—Mary M. Wise, Peabody, Kans.

589.—Mix linseed oil one quart, lavender one-fourth ounce, origanum one-fourth ounce, hemlock one-fourth ounce, sassafras one-fourth ounce, peppermint one-fourth ounce, camphor gum one ounce, golden seal one-fourth ounce. Use as a gargle for sore throat. Also excellent for burns or cuts.—Linnie Bartmess, Elkhart, Ind.

590.—To one-half gallon of linseed oil add one-fourth ounce of oil of sassafras, one ounce of origanum, one and one-half ounces of oil of hemlock, one ounce of gum camphor and one ounce of oil of red cedar. For catarrh, snuff up the nose and bathe the forehead for five minutes. For deafness, drop four drops, warmed up, in the ear twice a day. For sore eyes, apply on the lid. For croup in children, give twenty-five drops inwardly. For worms in children, give fifteen drops. For colds and sore lungs, take inwardly and bathe the stomach three times a day. For

rheumatism, neuralgia, sore throat, stiff neck, etc., bathe the affected parts with the oil twice a day and rub in well with the hand five minutes. For every inward pain this oil should be taken inwardly. Dose: For adults, from twenty to thirty drops twice a day. For children, ten to fifteen drops twice a day on sugar. Shake the bottle well before using.—E. Cocanower.

591.—Take one-half gallon of linseed oil, and of gum camphor, oil of hemlock, oil of origanum, oil of cedar, and oil of sassafras one-half ounce each. Dose for adults, one-half to one teaspoonful on sugar. Give children less according to age. Use for burns, sores, sore throat—such as quinsy, diphtheria,—rubbing on externally and taking according to age.—Sarah A. Crowl, Goshen, Ind.

Oil of Life.

592.—As a liniment for burns, or a remedy for cramps, colic, etc., get the following prescription filled at a drug-store: Alcohol three pints, aqua ammonia three and three-fourths ounces, oil of sassafras three and three-fourths ounces, oil of origanum two and one-fourth ounces, spirits of niter six ounces, oil of anise three-fourths ounce, chloroform three ounces, laudanum three ounces, oil of peppermint three-fourths ounce. For cramps or colic take one-half teaspoonful mixed with sugar and water.—Lona Cripe, Battle Creek, Iowa.

Oil of Herbs.

593.—To heal sores of any kind. Mix oil of sassafras one ounce, oil of cedar one ounce, oil of hemlock one ounce, oil of origanum one ounce, oil of amber one ounce, oil of tar one-half ounce, spirits of wine four ounces, camphor gum one ounce and raw linseed oil one-half gallon.—Amanda L. Newcomer, Nappanee, Ind.

Origanum Liniment.

594.—For rheumatism or other pain. To one pint of the best alcohol add two ounces oil of origanum, two ounces oil of spike, two ounces tincture of arnica, two ounces camphor gum and two ounces laudanum. Give to your druggist to fill. Bathe the affected parts and rub well in with the hand.—Mrs. G. W. Crissman, St. John, Kans.

Ninth Wonder Liniment.

595.—Take of alcohol, 95 proof, one pint, oil of origanum one drachm, balsam fir one drachm, spirits of turpentine three drachms, oil of sassafras one drachm, aqua ammonia one drachm, chloroform four drachms, sulphuric ether one drachm, tincture of camphor two drachms, tincture of opium one drachm, tincture of capsicum two drachms, tincture of guaiac one drachm, tincture of catechu one drachm. Mix. Dose for an adult, one teaspoonful. Repeat the dose in one-half hour when necessary. This is especially valuable for summer complaint, sick headache, toothache, lame back, etc.—Annie Pitzer, Cordell, Okla.

Diamond Oil.

596.—Take of gum camphor, oil of hemlock, oil of cedar, oil of cajeput, and oil of origanum, each one-half ounce, tincture of capsicum one-half drachm, oil of sassafras one ounce, sulphuric ether one drachm, and alcohol one-half gallon. Dose, for internal use in cramps, cholera morbus, etc., one teaspoonful. For scalds or burns, rheumatism, etc., apply externally.—Katie Shidler, Ashland Ohio.

597.—To one pint of alcohol add one ounce of gum camphor, one-half ounce of cloves, one-half ounce of cayenne pepper and one-half gill of turpentine. Put all together in a bottle, shake the bottle well every day for a week, when the liniment will be ready for use.—Esther Horner, New Bedford, Ohio.

BLOOD PURIFIERS.

Blood Syrup.

598.—Take one ounce of mandrake root, one ounce of spikenard root, one-half ounce of licorice root, one-half ounce vervain root, one-half ounce prairie brava root, one-half ounce juniper root, one-half ounce wild cherry bark, and one-half ounce spruce pine, put in a kettle with three quarts of water and boil slowly four hours, strain out the roots, return the liquid to the kettle, add one and one-half pounds of loaf sugar, boil slowly one-half hour. When cool add one pint of good whiskey. This will make five pints. Bottle and keep in a cool place. Dose, one tablespoonful before meals and one before going to bed for the first week, then twice a day until well.—Sarah A. Crowl, Goshen, Ind.

Blood Purifier.

599.—Take one-half pound of yellowdock root, one-fourth pound of mandrake root, two ounces of burdock root, two ounces of ginger, and boil in one-half gallon of water for thirty minutes, then strain, add three pounds of loaf sugar, let come to a boil, strain again, and when cold add one-half pint of brandy or whiskey. Bottle. Take sufficient to act on the bowels.—Mrs. James F. Thomas, Inglewood, Cal.

600.—Take of turkey corn one-half ounce, mandrake one-half ounce, unicorn root one-half ounce, dandelion root one and one-half ounces, yellow dock two and one-third ounces, blue flag one ounce, black cohosh one ounce, yellow parillion one ounce, culver's root two-thirds ounce, one quart of alcohol and three quarts of water. Dose, one teaspoonful morning and evening until the complexion is clear and all moth blotches removed.—Lillian Domer, Baltic, Ohio.

601—For indigestion and as a blood purifier take one tablespoonful of cod liver oil with a tablespoonful of vinegar before each meal.—I. G. P., McMinnville, Oregon.

602.—For disordered blood pour cold water over burdock root and let stand until the strength is drawn out of the root. Milk may be used instead of water if preferred as it sometimes is by children. Drink freely.—Mary J. Mays, Cedarville, Mo.

603.—For impure blood and disordered system take four ounces of unslaked lime, put in a gallon vessel, and pour over it enough water to slake it. After it is slaked fill the vessel with water and let stand twenty-four hours. then draw off the clear water and drink a wineglassful four times daily. If the system is badly disordered take oftener.—Preston T. Arnold, Laplace, Ill.

FOOD FOR THE SICK.

Bread and Butter Broth.

604.—Spread a piece of good bread with nice fresh butter, sprinkle it moderately with salt and black pepper and pour a pint of boiling water over it.—Lizzie Forney, Phoenix, Ariz.

Toast Water.

605.—Brown nicely, but do not burn, stale bread. Pour boiling water on it and let it stand on ice. Squeeze in a little lemon juice and sweeten to taste.—Amanda Crump, Elgin, Ill.

Pap for Diarrhoea.

606.—Tie a teacupful of flour closely in a cloth and boil for six hours. Rinse and let cool, then grate two table-

spoonfuls and mix it with a small quantity of milk and stir the mixture into one pint of boiling milk, boil five minutes and sweeten.—Susanna C. Foutz, Waynesboro, Pa.

Hot Lemonade.

607.—Cut up a whole lemon, rind and all, add one teacupful of white sugar and pour on boiling water. This is good for colds and a pleasant drink for the sick.

Food for the Sick.

608.—Put a slice of light bread inside the stove oven and toast to a light brown, then put in a dish, sprinkle with just a little salt, pour one-half pint of boiling milk over it and add a little cream.—Elsie Sanger, Bays, W. Va.

609.—For a weak stomach, beat the yolk of an egg thoroughly, gradually pour on it a cup of hot tea, stirring all the time, and sweeten to taste. This will often ease the stomach and be retained when nothing else will.—Mary E. W. Martin, Larned, Kans.

610.—Break a fresh egg in scalded—not boiled—milk and beat with a fork. Salt and pepper to taste.—Mary B. Peck, Manvel, Texas.

611.—Coming in from a long cold drive, belated, cold and hungry, the best bracer is a pint of beef broth, moderate strength, served red hot in a tin cup.—A. C. Goetze, Saratoga, Wyo.

ACCIDENTS.

Accidents.

612.—At times excitement is of little consequence, but in accidents nothing is of such value as the deliberate, cool-headed person, capable of thinking and acting quickly. Read all you can on what to do in emergencies. See that you remember what you read. When all is well, think, at

times, of what you would do should certain things occur as accidents. This will help even naturally excitable people.—Lydia E. Taylor, Trained Nurse, Waterloo, Iowa.

Cuts and Bleeding.

613.—If an artery is severed, tie a small cord or handkerchief tightly above it, and inserting a round stick, improvise a tourniquet to hold the flow in check until the surgeon arrives.

614.—In the fall of the year gather puff balls when they have turned brown and are filled with a very fine dust, and put them carefully away. When needed cut open a puff ball and apply the cut surface of the ball to the wound. It will stop the blood. Another good thing to stop bleeding is soot from a stove pipe.—John H. Rowland, Astoria, Ill.

615.—Do not use soot on a cut as it is liable to leave a black mark that can never be removed.—Eva C. Hinegardner, Midland, Va.

616.—Bind on powdered rosin.—Ella W. Reiff, Lafayette, Ind.; Perry Bowser, Bevansville, Md.; L. C. Klepper, Cliff, Tenn.

617.—To stop bleeding, apply salt and flour.—Pearl Weimert, Larned Kans.; Perry Bowser, Bevansville, Md.

618.—Bind plenty of dry flour on the cut.—Mrs. H. A. Swab, Chelan, Wash.

619.—Keep wet with machine oil.—Katie Shank, Lilly, Va.

620.—To stop blood, apply bean leaves to the wound. When green bean leaves can be had, wilt them with warm water and apply. When dried ones are used, moisten them with warm water. Repeat the application if necessary. It is well to pick the green leaves in summer and dry them for winter use.—Laura M. Shuey.

621.—To stop bleeding, burn linen or cotton rags to a charcoal and bind this on the wound.—Ella Breneman, Cambridge City, Ind.; Perry Bowser, Bevansville, Md.

622.—To stop blood, bind on goose feathers, pressing them into the wound. Allow them to remain until they come off. Old feathers are the best.—Caroline Huffman, Nora Springs, Iowa.

623.—To stop bleeding from a wound, take the fine dust of tea and bind on with a cloth.—Perry Bowser, Bevansville, Md.; Fanny Light, Nurse, Pasadena, Cal.

624.—Spider web will stop the bleeding at once.—Perry Bowser, Bevansville, Md.; L. C. Klepper, Cliff, Tenn.

625.—Bind the cut with cobwebs and brown sugar, pressed on like lint. When the blood ceases to flow apply laudanum.—Fanny E. Light, Nurse, Pasadena, Cal.

Fresh Cuts.

626.—Tie up with warm ashes from the stove.—D. M. Weybright, New Paris, Ind.

627.—Apply dry ashes immediately to stop bleeding and prevent soreness.—Fannie L. Mason, Bakers Mill, Va.

628.—Tie soda on the cut.—Katie E. Keller, Tipton, Iowa.

629.—A good remedy for painful scratches and small cuts is one ounce of rainwater with one teaspoonful of spirits of camphor and four drops of carbolic acid added.—Ida Wampler Mohler, Leeton, Mo.

630.—Mix equal parts of butter, salted ready for the table, and sugar, and bind on as a poultice. It will keep down inflammation and soreness and cause to heal nicely.—Nannie E. Neher, Palestine, Ark.

631.—Dissolve aloes in alcohol until it becomes thick.

Then apply. This is a good remedy for man or beast.—Mrs. I. N. Taylor, Whitesville, Mo.

632.—For fresh wounds, take two ounces of white pine turpentine, two ounces of beeswax, two ounces of sweet oil, and two ounces of brown sugar, simmer for one-half hour and when it begins to cool stir in two ounces of white lead. Use as a salve.—Mrs. T. Chaffee, Woodland, Mich.

633.—For fresh cuts or burns, apply varnish.—Lucinda Miller, South Bend, Ind.

634.—For cuts, bites, torn flesh, apply turpentine freely and hold the wound over hot coals, or any heat, as long as it can be borne.—N. J. Roop, Warrensburg, Mo.

635.—Take turpentine according to the wound, heat it over the fire till it smokes, then pour it into the wound.—Mrs. E. A. Kinzie, Haxtum, Colo.

636.—Nothing is better than turpentine if immediately applied, as it is painless and will heal without inflammation.—Annie Pitzer, Cordell, Okla.; Sarah A. Sell, Newry, Pa.; Ida Wampler Mohler, Leeton, Mo.; Clifford Ellis, Dixie, Wash.; Mrs. J. H. Kimmel, Morrill, Kans.

637.—For cuts or fresh wounds, bathe with salt water to prevent soreness and stimulate healing, or bathe with spirits of camphor, bind up, and saturate the bandage several times a day with camphor to prevent ulceration.—W. Wilfert, De Long, Ind.

638.—For cuts, bruises, etc., apply a poultice made of ground slippery elm and milk. Renew as often as necessary.—Fanny E. Light, Nurse, Pasadena, Cal.

639.—Ten cents' worth of calomel mixed with a tablespoonful of lard makes an excellent salve for healing cuts and sores.—Sarah A. Sell, Newry, Pa.

640.—For cuts, bruises, or mashed toes or fingers, or for

nail wounds, hold the affected member in coal oil awhile if you can, and if you cannot, apply the oil.—J. E. Blough, Stantons Mill, Pa.

641.—For cuts and old sores, wash and crush the leaves of the Live Forever plant and apply to the wound. Change often.—M. E. Rothrock, Hartland, Wash.

642.—For bruises, cuts, poison and pain, bathe parts in hot water from one-half hour to an hour.—Mary Hilderbrand, Walkerton, Ind.

643.—To remove old scars, rub them every day with pure olive oil. To prevent the forming of scars keep the parts wet with pure olive oil.—M. E. Rothrock, Hartland, Wash.

Sprains.

644.—Beat up an egg, make it into a thick paste with fine salt, spread on a cloth and bind on the part affected. Renew occasionally.—Fanny E. Light, Nurse, Pasadena, Cal.

645.—Make a mush poultice, using yellow corn meal if you can get it,—the white may do but I think the yellow is stronger,—spread lard on it and apply hot as can be borne. —Ella W. Reiff, Lafayette, Ind.

646.—Apply a poultice of equal parts of salt and lard.—Ida K. Mowen, Lanark, Ill.

647—Slice cold tallow on a cloth, sprinkle salt thickly on the tallow and mix together with a knife. Bind on the sprain.—Elizabeth Wine, Menlo, Kans.

648.—A sprain or an unbroken bruise should be treated at once to an application of water as hot as can be borne. This may be done by showering hot water upon it, or by hot cloths applied frequently.—Dora M. Ellis, Dixie, Wash.; B. F. Kintner, Ney, Ohio.

649.—Take a large pitcher full of cold water, the colder the better, commence pouring a steady stream, holding close to the sprain, raising gradually as high as the patient can endure. This is severe but effective.—Anna Sniteman, Keota, Iowa.

650.—Take comfrey roots, pound and mash them fine, dampen with good strong vinegar, lay on the sprained part and bandage tightly. Keep the comfrey well dampened with vinegar until the swelling has gone out.—Amanda Nicholson, Hillsdale, Pa.

651.—To relieve the pain of a badly-sprained wrist or ankle, take the roots of comfrey, a medicinal plant grown in many old-fashioned gardens, bruise well and fry thoroughly in clean lard. Then put the mixture on a cloth—flannel is preferable—and apply to the afflicted member as hot as can be borne, binding it on as tight as possible. Repeat if necessary.—Anna M. Mitchell, Newburg, Pa.

652.—For a sprained ankle, take four handfuls of wormwood, four handfuls of smartweed, one large handful of salt and enough vinegar to cover the herbs. Heat this and put the foot in it as hot as can be borne. As soon as it cools heat it again and as often as the pain returns.—Lizzie Harnish, Mt. Carroll, Ill.

653.—Take ten cents' worth of wormwood, cover it well with vinegar, add a handful of salt and let the mixture come to a boil. Bathe the affected part with it as hot as can be borne.—J. E. Blough, Stantons Mill, Pa.

654.—Cut several mullein stalks into small pieces and boil in one quart of cider vinegar. Apply to the sprain while warm.—Maud A. Kline, Ginghamsburg, Ohio.

655.—For sprains, sore throat or pain of any kind, put wormwood in a fruit jar and pour alcohol over it. It will

soon become a dark green. Keep the cover on the jar when not in use.—Lizzie Harnish, Mt. Carroll, Ill.

656.—Put sweet skim milk in a vessel over the fire and as it heats add salt, stirring it in as if you were making mush, till the milk curdles. Apply this curd as a poultice, as hot as can be borne, to any sprain or bad bruise. Renew two or three times a day or oftener as the case may require. —Barbara Mohler Culley, Elgin, Ill.

657.—For a sprained or lame back, take the yelks of two eggs and half the quantity of salt, stir well together, add some vinegar but not enough to harden the egg, thicken with flour and spread on a cloth and bind on the back.—S. E. Renner, Payette, Idaho.

658.—For a sprain or bruise, make a plaster by stirring enough salt in hot molasses to make it of a consistency to remain in place when confined by a muslin bandage. Suit the size of your plaster to the size of the spot to be covered, and pack it securely around the injured member.—S. Gnagey, Pasadena, Cal.

Bruises.

659.—Apply listerine freely and the part will not be discolored.—Flora L. Moore Dougherty, Eldora, Iowa.

660.—For bruises, sprains, etc., to reduce swelling and alleviate pain in case of a bruise, sprain or fracture apply cloths wrung from a hot solution of salt and vinegar. Take about a tablespoonful of salt to half a cupful of vinegar. Apply as hot as the patient can stand it and change as fast as the cloths get cool.—Rhoidy Aldstadt, Lindsay, Ohio; Margaret Henricks, Kidder, Mo.

661.—Bathe the bruise with vinegar as soon as the accident occurs, and, if it can be kept in place, lay a cloth wet in vinegar over the injury, wetting it as it dries and there

will be very little discoloration.—Marvel Bowers, Payette, Idaho.

662.—Apply woolen cloths wet in hot vinegar.—Elizabeth H. Calvert, Russelville, Ill.

633.—For wounds and bruises, apply scraped raw beet to the bruise or wound.—Mrs. S. I. Bowman, Harrisonburg, Va.

664.—For bruises or inflamed cuts, burn wool on live coals and hold the inflamed part in the smoke for fifteen minutes.—E. P. L. Dow.

665.—For a mashed finger, put a lump of cold lard on a cloth and bind on the finger.—M. E. Rothrock, Hartland, Wash.

Stonebruises.

666.—A smartweed poultice will ease the pain of a stonebruise.—Mrs. E. G. Thomas, Butler, Ind.

Splinters.

667.—To draw splinters from the flesh, apply a poultice of soft soap made of ash lye.—Elizabeth H. Calvert, Russellville, Ill.

Burns.

668.—Apply essence of peppermint. Repeat as often as necessary.—Laura Vaniman Ullom, Friend, Kans.

669.—Apply aqua ammonia immediately.—Porter Kimmel, Morrill, Kans.

670.—To two tablespoonfuls of glycerine add ten or twelve drops of carbolic acid, mix and keep in a bottle ready for use when accident occurs. This will prevent blistering. —Laura Vaniman, Ullum, Friend, Kans.

671.—To draw the fire out, apply cider applebutter immediately.—Sophia Voorhis, Waverly, Ind.

672.—To draw the fire out, take flat cactus, split it, scrape the inside of it and apply to the burned part.—S. E. Renner, Payette, Idaho.

673.—Apply the juice pounded or pressed from male fern.—Sarah A. Crowl, Goshen, Ind.

674.—Scrape crayon and mix it with linseed oil until it gets thick, then apply frequently with a feather.—Mollie M. Blough, Stantons Mill, Pa.

675.—Mash raw onions and mix with cold lard. Spread on cloths and lay on the burn or scald as soon as possible.—Mrs. Samuel Jennings, Brownsville, Md.

676.—Spread a cloth thickly with lard, sprinkle with salt and apply to the burn.—Mary Ginder, Carwile, Okla.

677.—Cover the burn with butter spread on a cloth and sprinkled with as much salt as will stick to it.—Effie B. McBride, Ari, Ind.

678.—Scrape raw potatoes, sprinkle with a little salt and cover the burn quite thickly. As fast as the potatoes get warm renew with a fresh supply. Continue until the fire is out. The potatoes can be set aside to cool and used repeatedly.—Anna Fish, Elkhart, Ind.; Mamie C. Sink, Lenox, Iowa; Hattie Yeck, Centerview, Mo.

679.—Scrape a raw potato and bind on with a white cloth.—Lucinda Bailey, Mt. Etna, Iowa.

680.—If the burn is not so dangerous as to require the services of a physician, apply kerosene to it and wrap with a cloth saturated with kerosene.—Nora Brown, Navarre, Kans.

681.—Bind on soda and coal oil.—Vina E. Rench, Harrison, Okla.

682.—Put some salt on a cloth, then dampen the salt with kerosene and apply to the burn. This will often prevent blistering.—Lizzie Harnish, Mt. Carroll, Ill.

683.—To cure a burn without leaving a scar, mix beeswax and linseed oil together, spread thickly over the burn and let it remain until it comes off.—Georgiana Hoke, Elgin, Ill.

684.—Bathe with linseed oil. Or, a better way, wet soft fabric with alcohol and lay over the burn, put cotton over this and wet occasionally with alcohol.—Libbie Hollopeter, Rockton, Pa.

685.—Stir enough white lead in linseed oil to form a paste. Apply to the burn and leave on till healed.—Mrs. M. J. Gwin, Lewiston, Idaho.

686.—Keep the surface wet with equal parts of turpentine and linseed oil, and unless the burn is very deep no scar will remain. Apply as long as any raw surface remains.—Sara Reese Eby, West Elkton, Ohio.

687.—Apply turpentine.—Ella Rust, Boulder, Colo.

688.—Cover the burn with sweet oil and cotton.—Gertrude Rowland, Reid, Md.; Katie E. Kellar, Tipton, Iowa; Marvel Bowers, Payette, Idaho.

689.—Varnish the burnt spot to exclude the air.—Amanda Crump, Elgin, Ill.

690.—Apply a coating of common mucilage to keep the air from the burn. Repeat this till the burn is healed.—Emma Katherine Spickler, Polo, Ill.

691.—Dust cold charcoal on the burn.—Ella Brenneman, Cambridge City, Ind.

692.—Sprinkle the burned part with flour and wrap loosely with a soft cloth. Do not remove the cloth until the inflammation has subsided as you will thus break the new skin that has formed.—Gertrude Rowland, Reid, Md.

693.—Wet the part burned, plunge it in flour. If serious, repeat the operation till you have a thick paste.—Nannie E. Neher, Palestine, Ark.

694.—Grease the burned parts thoroughly with lard and tie up loosely with flour. If administered at once it will not blister or scar.—Nora D. Burkett, Moffat, Colo.

695.—Dampen corn meal with buttermilk, spread on cloth and apply cold. Change often. Or, wet corn meal and salt with water and cover the burn. Change often.—Elizabeth H. Calvert, Russelville, Ill.

696.—Apply a poultice of strong alum water thickened with corn meal.—L. C. Klepper, Cliff, Tenn.

697.—For a bad burn, take batted cotton enough to cover the burn, break enough eggs on it to cover well, turn the eggs next to the burn and bind with something to keep in place. For very bad burns this may have to be repeated. —Mrs. S. E. Derrick, Lydia, Okla. Cover thickly with the white of egg and cover this with cotton. Continue as long as any raw surface remains.—Sarah Reese Eby, West Elkton, Ohio; Marvel Bowers, Payette, Idaho; Mary A. Metzler, Wakarusa, Ind. Let the cotton remain on till it comes off naturally.—Georgiana Hoke, Elgin, Ill.

698.—Apply the white of an egg mixed with a teaspoonful of lard.—Vina E. Rench, Harrison, Okla.

699—Apply the white of egg and pulverized alum until the fire is all out, then apply lard and pulverized chalk.—Hetty Engel, Darlow, Kans.

700—Take one drachm of finely-powdered alum and mix thoroughly with the whites of two eggs and one teacup of fresh lard and paint the afflicted part.—Perry Bowser, Bevansville, Pa.

Lye Burns.

701.—For burns from lye, wash with strong vinegar. Drink vinegar in case lye has been swallowed.—Pearl Weimert, Larned, Kans.

702.—Bathe the parts well with vinegar, then grease well with lard. If inward, give vinegar or something to vomit, and then give lard.—Nora D. Burkett, Moffat, Colo.

Scalds.

703.—Apply flaxseed oil immediately and freely by pouring on or otherwise.—J. A. Seese, Aden, Va.

704.—Take one part carbolic acid and ten parts linseed oil and bind on with cotton.—Elizabeth H. Calvert, Russellville, Ill.

705.—For scalds or burns, take equal parts of tar and lard. Heat together and strain through a thin cloth. Dip old linen cloths in it, wring loosely and bind on the burn. Repeat once or twice each day. If too severe use a little less tar.—Sallie C. Cline, Castleton, Kans.; Hetty Engel, Darlow, Kans.

707.—For a scald or burn, take chestnut leaves, wilt them with scalding water and lay on the scald or burn.—Jennie Nicholson, Hillsdale, Pa.

708.—For burns and scalds, bathe with listerine or apply bandages saturated in listerine.—Flora L. Moore Daugherty, Eldora, Iowa.

709.—To draw the fire from a burn or scald and prevent a blister, cover the burnt surface with wet soda. Bind with a soft cloth to keep in place. Keep the soda wet and as it wastes away put on more.—Lizzie D. Mohler, Falls City, Nebr.; Mrs. Pearl Weimert, Larned, Kans.; Lizzie Forney, Phoenix, Ariz.; Emma Katherine Spickler, Polo, Ill.; Emma Carstensen, Elgin, Ill.; Perry Bowser, Bevansville, Md.; N. J. Roop, Warrensburg, Mo.; Marvel Bowers, Payette, Idaho; Mrs. S. J. Kester, Chanute, Kans.; Ella Rust, Boulder, Colo.; Annie V. P. Eby, Beattie, Kans.

710.—Continue the above treatment until the fire is all

out and then use some good healing salve.—Annie V. P. Eby, Beattie, Kans.

711.—Put two tablespoonfuls of soda in one-half pint of cold water, wet a piece of white linen in the solution and lay on the burn. If the skin has come off use dry soda.—Mrs. H. A. Swab, Chelan, Wash.

712.—For burns, scalds, cuts, and toothache, bathe frequently with phenol sodique.—Mrs. H. G. Miller, Bridgewater, Va.

713.—To make carron oil, for scalds or burns, put a piece of unslaked lime about the size of an egg into a quart of water. When it is well settled, pour off the clear water, add an equal quantity of raw linseed oil, and shake well together. Apply this oil freely to the surface of the burn or scald and cover or bind up with cotton to keep the air excluded. British oil is also good for a fresh scald or burn.—Lydia Hoover, Bevansville, Md. Make an emulsion of equal parts flaxseed oil and lime water with one teaspoonful of carbolic acid added. Apply freely with soft bandages.—Ida K. Mowen, Lanark, Ill.

Rusty Nail and Similar Wounds.

714.—For a wound caused by stepping in a rusty nail, apply beef gall.—E. Spindler, Woodland, Mich.

715.—Apply beef gall to the wound. Dried beef gall is as good as fresh. Dry it in the sack and when wanted for use, soften it in warm water and apply.—Rachel C. Merchant, Laporte, Ind.

716.—For a wound caused by stepping in glass or a nail, bathe the part at once in baking soda in very hot water. Then grease the part with vaseline or lard.—Lizzie A. Bitzer, Ephrata, Pa.

717.—Apply grated or scraped raw beets as poultice.

Renew as fast as it becomes dry.—Anna Sniteman, Keota, Iowa; D. C. Summy, Mt. Pleasant, Pa.; Porter Kimmel, Morrill, Kans.

718.—Scrape a beet, mix with epsom salts and apply as a poultice to the wound. Renew often.—Mamie C. Sink, Lenox, Iowa.

719.—Soak a little tobacco and cover the wound. The sooner the better.—Amanda L. Newcomer, Nappanee, Ind.

720.—Take fresh peach tree leaves, pound them to a pulp and apply as a poultice.—Ella W. Reiff, Lafayette, Ind.

721.—Wash a liberal bunch of lettuce leaves, scald till well wilted, and bind on the wound as hot as can be borne. Renew when cold or dry.—Maggie E. Harrison, Conemaugh, Pa.

722.—Old fat bacon, scraped and mixed with dried, powdered boneset leaves until a thick paste is formed, is a remedy almost unequaled for a sore caused by running a nail in the flesh. The boneset should be gathered when in full bloom, and dried in the shade, when the leaves may be stripped off and put in a bag or box for future use.—Lula Goshorn, Ladoga, Ind.

723.—Apply plenty of turpentine frequently, bind with a bandage saturated with turpentine, or heat a piece of fat pork on the stove and bind on the wound as hot as can be borne. This is good for any painful wound of similar kind, as it eases the pain and draws the poison out.—Minerva Kintner, Bryan, Ohio.

724.—Put hot salt water, with a handful of wood ashes and some saltpeter, in a pail and hold the foot in it. Repeat if necessary. Then tie a piece of fat bacon over the wound, and it will not even fester or get very sore.—Lizzie Harnish, Mt. Carroll, Ill.

725.—Make a weak lye from wood ashes and soak the foot in it as hot as can be borne for two hours and then apply a poultice made of boiling lye thickened with corn meal. Keep this on till relieved.—Ida Wampler Mohler, Leeton, Mo.

726.—Pour boiling water over wood ashes and when settled pour the water off into a vessel. If too strong weaken by adding clear water. Place the wound in the water, letting it remain one-half hour. Wipe dry and poultice with a warm sweet milk and bread poultice. Change every half hour with the lye water and poultice until relieved.—E. J. Senseman, Covington, Ohio.

727.—Steep one handful each of the leaves of mullein, smartweed and plantain in one-half gallon of boiling water for five minutes, then add one pint of pure cider vinegar and one-half cup of salt. Add one quart of cold water and bathe the injured part for one-half hour as hot as can be borne.—H. G. Bright, Arcanum, Ohio.

728.—Upon a shovelful of live coals place a quantity of old woolen rags or old leather and over this invert a flower pot or other vessel with a hole in the bottom. Hold the wounded member over the smoke that issues from this opening for twenty or thirty minutes, or until all pain has left, which will not be until all the poison is removed. Then treat as an ordinary wound.—Wm. N. Fisher, Mexico, Ind.

729.—Sprinkle brown sugar thickly on hot embers, making a thick smoke, and hold the wound in this smoke for twenty or thirty minutes or until the pain disappears.—Barbara Mohler Culley, Elgin, Ill.

730.—For wire cuts, nail bruises, sprains, snakebites, etc., apply tincture of arnica freely.—Byron Talhelm, New Cambria, Kans.

731.—For snakebite poison or the wound of a rusty

nail, take equal parts of corn meal and salt, make wet with either warm or cold water and bind on the affected part. Repeat often if necessary.—Emma E. Kindig, Covina, Cal.

732.—To cleanse sores, such as boils after they are open, wounds caused by stepping in rusty nails, pitchforks, etc., take about two quarts of wood ashes and the same quantity of boiling water. Put the afflicted part in this lye as soon as it has cooled so that the heat can be borne. Repeat two or three times a day until the wound heals from within.—Alice C. Garman, Lancaster, Pa.

733.—For burns with cold in them, rusty nail wounds, etc., take plenty of fresh plantain leaves, wilt by pouring boiling water over them, squeeze in the hand till soft and juicy, lay nicely on the sore while warm and wrap to keep it warm. This will draw out the poison and ease the pain. —K. Hoffman, Middlebranch, Ohio.

734.—To a wound caused by stepping on a rusty nail, apply at once a thin slice of old fat pork with some turpentine dropped on it.—Mrs. Josiah Clapper, Loysburg, Pa.

735.—In the case of a cut or wound caused by stepping in a nail or glass, bathe the part frequently in warm lye made of wood ashes to take out the poison. Then bind fat meat on the wound.—Fanny E. Light, Nurse, Pasadena, Cal.

Lockjaw.

736.—Warm a small quantity of turpentine and pour it in the wound, no matter where it is. Relief will follow immediately.—J. E. Blough, Stantons Mill, Pa.

737.—To prevent lockjaw, mix soft soap with a sufficient quantity of pulverized chalk to make it of the consistency of buckwheat batter and apply as a poultice to the wound. Keep the chalk moistened with a fresh supply of

soap until the wound begins to discharge and the patient finds relief.—Sarah A. Crowl. Goshen, Ind.

738.—To prevent or cure lockjaw, when a rusty nail has pierced through the flesh or when a sore is difficult to heal, place a few live coals in a vessel and lay a bunch of wool or woolen cloth on the coals to make a dense smoke. Hold the wound or sore in this smoke for twenty minutes or longer. It is well to lay a cloth over the wound and the vessel to prevent the escape of the smoke.—Jennie Stephens, Centralia, Wash.; Mrs. L. N. Moomaw, Roanoke, Va.; Clarence E. Long, Mechanicsburg, Pa.; Minnie Miller, Kidder, Mo.; Gertrude Stoner, Hutsonville, Ill.; Pearl Weimert, Larned, Kans.; A. R. Via, Free Union, Va.

Poisons and Antidotes.

739.—First, get rid of as much of the poison as possible by vomiting. This should be produced by the simplest means, when they are sufficient, such as tickling the throat with a feather, drinking lukewarm water and salt, or mustard and water. If these fail, try a powerful emetic, such as tartar-emetic, sulphate of copper, or the white of an egg. If vomiting cannot be excited, the stomach pump must be used by skillful hands, especially in arsenical or narcotic poisons. After getting rid of as much of the poison as possible, use some of the following simple and reliable antidotes: Acids are neutralized by alkalies, such as a thick soapsuds of soap and milk, chalk, soda, lime water, magnesia, or saleratus. In cases of poisoning from sulphuric acid, do not use soapsuds or limewater. For nitric or oxalic acid, use magnesia and lime, and for prussic acid use dilute ammonia, and electricity. Alkalies are neutralized by acids, the vegetable acids, vinegar, or oils in large quantities. Opiums and narcotics are neutralized by strong coffee and frequent doses of aqua ammonia. For arsenic—probably

the most difficult of all poisons to antidote—give peroxide of iron in tablespoonful doses every ten minutes until relief is obtained. When poisoned by bismuth, copper and their compounds, mercury, tin, zinc, and their salts, and creosote, use albumen in some form; as the white of egg, sweet milk, strong coffee, and mucilaginous drinks. For lead and its salts, use epsom salts, glauber salts, dilute sulphuric acid, or even lemonade in mild cases. For iodine, use starch, wheat flour, or arrowroot, beaten up in warm water. For gases, use dilute ammonia, electricity and friction. In poisoning from animals, but little or no benefit is derived from vomiting, but we should resort to antidotes at once, and often to the actual cautery. For the bite of a mad dog, apply the actual cautery to the wound instantly, and give large doses of zinc or muriate of iron for several days. For serpents' bites, apply the cautery and give sufficient whisky or brandy to produce intoxication. For insect poison, apply iodine, hartshorn and oil to the part and give stimulants for a day or two.—Sara Reese Eby, West Elkton, Ohio.

740.—For poisoning by alkalies, give dilute vinegar or sour milk, lemonade, sweet oil, or any mucilaginous drink.

741.—In mild cases of arsenic poison drink sweet milk freely, if bad take a quick laxative.—Anna Sniteman, Keota, Iowa.

742.—For arsenical poisoning, induce vomiting as quickly as possible, then administer a spoonful of peroxide of iron. If a drugstore is not near enough to get this in a hurry, give whites of eggs and water, or soapsuds.

743.—For poisoning by acids, administer copious draughts of tepid water, or tickle the throat with a feather, or something similar, to excite vomiting, then give warm soapsuds or magnesia or chalk dissolved in warm water,

or wood ashes, soda, gruel, linseed tea or rice water, whichever can be reached first.

Laudanum Poison.

744.—Our patient was three years old and the fact that she had drank laudanum was not discovered till twenty minutes later. We ground one large hopper of coffee grains, made one pint of coffee and gave her all of it. Then we whipped her, shook her and walked her for six hours, after which she was allowed to sleep three hours and more strong coffee given.—Ida Wampler Mohler, Leeton, Mo.

Poison.

745.—Take equal quantities of seven different kinds of tea, fry them in lard till brown, then strain through a cloth and apply as a salve.—Mollie M. Blough, Stantons Mill, Pa.

746.—Take wild nightshade, bruise fine with a hammer, mix with sweet cream and bind on the affected parts. This is rather severe but will kill the poison.—Margaret Henricks, Kidder, Mo.

Ivy Poison.

747.—The active principle in ivy is a vegetable acid, and to counteract its effect upon the human system we must treat it to a counter-irritant. A proper alkali will neutralize the acid if correctly applied. Dissolve soda in your hand and apply to the affected parts as soon as the first symptom is manifested, or as soon as possible. If once in the blood the best way to reach it is to apply a strong solution of epsom salts externally and internally.—D. A. Lichty, Morrill, Kans.

748.—Rub the affected part well with soft soap, or take common lime, make strong lime water and bathe with it.—Emma E. Quillet, Tedrow, Ohio.

749.—Moisten gunpowder with sweet cream, mash and mix to the consistency of thin paste, apply with a soft cloth to the affected parts and wrap a cloth around to keep clothes from coming in contact with the sores. When dry, wash off and repeat as often as necessary.—Margaret Henricks, Kidder, Mo.; Esther A. McDonald, Port Townsend, Wash.

750.—Rub fifteen grains of bromine into one ounce of olive oil or glycerine and apply three or four times a day, and once at bedtime. A poultice of clay is also good.—Amanda Crump, Elgin, Ill.

751.—Put ten cents' worth of sulphite (not sulphate) of soda in a pint of water and keep closely corked. Shake well before using. Wash the affected parts every three hours or oftener if necessary. It will allay the itching. When an uneasy sensation is felt on the affected parts rub with vaseline.—Martin H. Miller, Portsmouth, Va.

Ivy or Oak Poison.

752.—Take two parts water and one part grandilla, bottle and shake so as to mix thoroughly. Bathe the affected parts two or three times a day.—Perry C. Bashore, Covina, Cal.

Poison Oak.

753.—Apply spirits of camphor to poison from poison oak. Copperas dissolved in water is also a very good remedy.—L. C. Klepper, Cliff, Tenn.

754.—Give a teaspoonful of sulphur.—Mrs. L. N. Moomaw, Roanoke, Va.

755.—Wash the affected part in strong vinegar.—M. E. Rothrock, Hartland, Wash.

Mad Dog Bite.

756.—Wash the bitten part with vinegar and water two or three times a day. Give a teaspoonful of vinegar, in half a glass of water, every morning for three or four days. I have never had a fatal case in thirty years of jungle life.—Missionary Haegert, Bethel Santhal Mission, Jamtara, Bengal, India.

757.—This remedy consists of the plant called chickweed. It is a summer plant known to the Germans and Swiss by the name of Gauchneil, Rother Meyer, or Rother Hühnerdarm. In England it is called Rea Pimpernell, and its botanical name is Angelica Phonicea. It must be gathered in June when in full bloom, and dried in the shade, then pulverized. The dose for an adult is a small tablespoonful, or in weight a drachm and a scruple, at once. For children the dose is the same but it must be given at three different times. For animals it must be used green, cut to pieces and mixed with bran or food. For hogs the pulverized weed is made into little balls by mixing with flour and water. It can also be put on bread and butter or honey or molasses. In Germany thirty grains of this powder are given four times a day for a whole week, while at the same time the wound is washed out with a decoction of the weed, then the powder strewn in it. This remedy is good for man or beast.—Sarah A. Crowl, Goshen, Ind.

758.—For the bite of a dog or cat, the wound should be thoroughly sucked, then the piece which has come in contact with the animal's teeth should be cut out or cauterized with a hot knitting needle, a tight bandage wound closely about the wound to obstruct the circulation, and the wound itself washed in warm water as long as it will bleed. The same treatment will apply to the bite of a poisonous snake.

759.—For a mad dog or snake bite, tie a cord tightly above the wound. Suck the wound and cauterize with

caustic or white-hot iron at once, or cut out.—Marvel Bowers, Payette, Idaho.

Snakebite.

760.—Cut fine two ounces of any plug tobacco and one onion about the size of a hen's egg. Mash up a couple of tablespoonfuls of common salt and mix all together. The juice of the onion makes a soft poultice of the tobacco and salt. Apply the poultice at once and let remain ten hours. Renew with a fresh poultice and this will cure the bite. No whisky is used with this remedy.—Eliza Gantz, Sabetha, Kans.

761.—Grease a tobacco leaf well, apply to the bite and cover with as warm a poultice of wheat bran as the patient can bear. Repeat.—A. R. Via, Free Union, Va.

762.—For snakebite or other poison, fry a lot of plantain leaves in equal parts sheep's tallow and unsalted butter, strain and use as an ointment.—Annie Mohler Rupert, McVeytown, Pa.

763.—For a snake bite, or any poisonous bite or sting, pound a lot of onions till soft, salt liberally and bind on as a poultice. Renew often.—Nannie E. Neher, Palestine, Ark.

764.—Strong salt brine will draw out the poison. Open the wound and lay in the brine.—Lizzie Forney, Phoenix, Ariz.

765.—Saturate table salt with kerosene and apply to the wound. This is good for man or beast. Or, bandage the limb, if it can be done, kill a chicken, cut open as soon as dead and apply to the wound. As soon as it turns green, change. Use four to six chickens.—W. E. Whitcher, Manvel, Texas.

766.—Apply spirits of ammonia to the bite with a feather.—Caroline Huffman, Nora Springs, Iowa.

767.—For snakebite, mad dog bite or other poisonous bites, wash the wound immediately with warm sweet oil and fold a soft cloth three or four thicknesses, saturate it thoroughly with sweet oil and lay it on the wound. Change every three or four hours and drink of the oil every four hours for some days.—Sarah A. Crowl, Goshen, Ind.

Rattlesnake Bite.

768.—Beat the yelk of a fresh egg and mix with salt to the consistency of a good salve. Apply to the bite as a poultice and change frequently till the poison is all out.—Susan Eckard, Martinville, Mo.

769.—Take vinegar and stir in salt enough to dip up with the hand, lay the salt on the bite and keep it on until all the swelling or poison is drawn out. Do not give the patient anything in his stomach. This is good for man or beast.—Lucinda Bailey, Mt. Etna, Iowa.

780.—Also good for bee stings and the bites and stings of other insects. Mix cream and salt to a thick poultice and bind on the wound.—Martha Bartmess, Elkhart, Ind.

Stings and Bites of Insects.

781.—For a bee sting, cover the affected part with dampened salt.—Fannie L. Mason, Bakers Mill, Va.

782.—Apply sweet oil, and give a tablespoonful of it internally.

783.—Rub the afflicted part vigorously with salt for about five minutes. Or, cover with a plaster of clay for about twenty minutes. Any kind of mud plaster will keep down the swelling.—Mary Grace Hileman, Elgin, Ill.

784.—Mix baking soda with water to the consistency of molasses, apply and let it dry on the wound.—D. C. Summy, Mt. Pleasant, Pa.

785.—Apply dry baking soda. A little vaseline or grease on the affected part will help the soda to stick.—Emma Carstensen, Elgin, Ill.

786.—Keep a small bottle of tincture of myrrh wrapped in paper and in a dark place and when needed apply to bee stings, wasp stings, etc.—Martin H. Miller, Portsmouth, Va.

787.—For the sting of a bee or wasp, apply sliced raw onion freely.—Sarah A. Crowl, Goshen, Ind.

788.—For stings of bees, wasps, and other insects, wet common earth and apply to the affected part.—M. E. Rothrock, Hartland, Wash.

789.—Rub a little coal oil on the affected part to immediately relieve the pain and keep down the swelling.—Mrs. J. E. Gnagey, Accident, Md.

790.—Apply weak ammonia, oil, salt water or iodine.—Marvel Bowers, Payette, Idaho.

791.—Keep the affected parts wet with a thin paste of ammonia and baking soda. This will draw out the poison.—H. A. Whisler, Laton, Cal.

792.—Apply aqua ammonia.—L. C. Klepper, Cliff, Tenn.

793.—Make a poultice of baking soda, water and flour, mixed cold, and bind on the sting.—Fanny E. Light, Nurse, Pasadena, Cal.

794.—When the sting of a venomous insect, with or without swelling, makes the patient sick at the stomach, take a large handful of plantain roots, make a strong tea, sweeten to taste, and give freely, warm or cold.—H. J. Moomaw, Union City, Ind.

Mosquito Bites.

795.—Bathe the affected parts with spirits of camphor or witch hazel.—Lancaster, Pa.

796.—For inflammation, caused by bee stings, spider bites, rusty nails, thorns, etc., cut a butter bean in two, dampen the inside and press on the affected part. Leave as long as it will stick.—J. M. Kagey, Dayton, Va.

Chigger Bites.

797.—Rubbing carbolic acid water—fifteen drops of carbolic acid to one-half cup of water—on chigger bites, or hives as they are sometimes called, will stop the itching.—Flora L. Moore Dougherty, Eldora, Iowa.

Choking.

798.—A piece of food lodged in the throat may sometimes be pushed down with the finger or by two or three blows on the back between the shoulders.—Mrs. H. A. Swab, Chelan, Wash.

799.—When matter is lodged in the throat, turn the patient heels up and head down and thump lightly on the back.—A. I. Mow.

800.—To prevent choking, break an egg into a cup and have the patient swallow it. Repeat if necessary.—Perry Bowser, Bevansville, Md.

801.—To dislodge a fishbone from the throat, swallow the white of a raw egg.—Barbara Mohler Culley, Elgin, Ill.

FEET.

Frosted Feet.

802.—Dissolve alum in water till very strong, dip the frosted part in the alum water, then hold by the fire. Repeat until relieved.—Mrs. S. J. Kester, Chanute, Kans.

803.—Hold the frosted feet or hands in coal oil for awhile.—J. E. Blough, Stantons Mills, Pa.

804.—When the feet begin to pain and itch, remove shoes or boots and pour a little coal oil on the stocking over the frosted place, just enough to dampen the stocking, then put on the shoes again and that is the last of the frost. It is very seldom that a second application is necessary.—M. W. Royer, Cordova, Md.

805.—For frozen feet, melt common glue, put on a piece of paper and apply to the foot while hot as can be borne. Leave on till it comes off.—John Knoll, Lake Charles, La.

806.—For frost bites, add one-half ounce of sulphuric acid (oil of vitriol) to one pint of good cider vinegar and bathe the affected parts well for two or three nights on going to bed.—Mary E. Crofford, Martinsburg, Pa.

Chilblains.

807.—Poultice with common corn meal mush.—Lizzie Greene, Lewiston, Idaho.

808.—Bathe the affected parts well at night with crude petroleum and warm thoroughly by the fire. Protect well in cold weather.—Gertrude Shafer, Bremen, Ind.

Offensive Feet.

809.—Wash thoroughly with soap and water, rinse well, dry, and apply powdered alum.—Frances Miller Leiter, Glade, Pa.

Calloused Feet.

810.—Apply oil of peppermint freely to the calloused places.—Martha Eisenbise, Sabetha, Kans.

Ingrowing Toenails.

811.—Trim them square in front but never at the sides.—Elmer C. Reiff, Idaville, Ind.

812.—Drop hot mutton tallow on the inflamed part.—Lucinda R. Stutzman, Virginia, Nebr.

Ingrown Toenails.

813.—Avoid cutting the corners lower than the center. Keep the center of the nail scraped thin well back. Do not pick at the corners.—Emma Carstensen, Elgin, Ill.

814.—Bathe the foot for one hour in water as hot as can be borne, keeping up the heat by adding hot water. Then scrape the nail with sharp pointed glass, put burnt alum on the sore, cover over with absorbent cotton and bandage well. Keep the bandage on till the next day, then repeat the process daily until the blood can be seen through the nail and the sharp edge of the nail can be easily picked out of the flesh.—Eliza J. Miller, Waterloo, Iowa.

815.—Keep the nail scraped thin all the time, and cut a notch in front whenever the nail is cut.—N. J. Roop, Warrensburg, Mo.

816.—Keep the nail scraped thin in the middle from the base of nail lengthwise to the end.—Mary Reddick, Sheridan, Mo.

Corns.

817.—Mix one tablespoonful of lard with one teaspoonful of soda. Grease the corn each night and warm well before retiring.—Mrs. H. G. Miller, Bridgewater, Va.

818.—Keep tied up with beeswax and turpentine until the corn is removed.—Nora E. Burkett, Moffat, Colo.

819.—Just before going to bed take the skin of a boiled potato and tie on the corn. Let it remain all night. Repeat this two or three times and it will soften the corn so it can be lifted out with a penknife.—Nettie Mow.

820.—Add enough fine bread crumbs to one-fourth cup

of cider vinegar to make a good poultice after standing about one-half hour. Apply this poultice when retiring at night. In the morning the soreness will be gone and the corn can be picked out. If a very obstinate corn two or more applications may be required to effect a cure.—Laura B. Reiff, Idaville, Ind.; D. M. Weybright, New Paris, Ind.

Soft Corns.

821.—Boil tobacco down to an extract, then mix with it a quantity of white pitch pine. Apply this salve once a week until the corn disappears.—Ella Breneman, Cambridge City, Ind.

822.—A little dry cotton kept between the toes afflicted will cure soft corns.—Emma Carstensen, Elgin, Ill.

823.—Keep soft corns sprinkled with dry sulphur and they will disappear.—Mrs. E. E. Wilson, Los Angeles, Cal.

Bunions.

824.—Mix ten grains of calomel with one tablespoonful of lard, spread on thin cloth and apply every morning and evening.—Mary A. Sell, Newry, Pa.

825.—For sore bunions, take half an onion and bruise it to a pulp. Tie this on the bunion before retiring. Repeat for several nights and the soreness will all be drawn out.—Ora Beachly, Hagerstown, Md.

TOILET.

The Complexion.

826.—Eat lemons, oranges and other acidulous fruits. They destroy the poisons in the system and make the skin clear and healthy.—Lizzie Forney, Phoenix, Ariz.

827.—To remove tan, magnesia made into a paste with

water acts quickly. Let it remain on two or three minutes, then wash off with warm water and castile soap, and rinse the face thoroughly. Another good remedy is made by boiling together one-half pint of new milk, two teaspoonfuls of lemon juice and one teaspoonful of brandy. As it heats remove all the scum. This should be applied night and morning.

828.—To remove sunburn, add one ounce of pulverized borax to one quart of water, bottle, and shake well before using.—Amanda Crump, Elgin, Ill.

829.—To remove freckles, rub twice daily with a piece of saltpeter moistened by dipping it in water.—Amanda Crump, Elgin, Ill.

830.—To prevent blackheads, give the face a frequent cleaning with a soft brush, good soap and warm soft water. —Emma Carstensen, Elgin, Ill.

Hair Tonic.

831.—Take one pint of alcohol, one-half pint of olive oil, and five cents' worth of oil of bergamot. Shake before using.—Kate Ashcroft, Sawyer, Kans.

Hair Grower.

832.—Take of bay rum one ounce, glycerine one ounce, cocoanut oil one ounce, hickory nut oil one ounce, oil of lavender one-half ounce, oil of bergamot twenty drops, oil of tea one ounce, pulverized borax one ounce, and warm rainwater sixteen ounces.—Lillian Domer, Baltic, Ohio.

833.—For baldness, pound fine one-half pint of the kernels of peach seeds, put them in one pint of good cider vinegar and use as a wash.—Sarah A. Crowl, Goshen, Ind.

834.—To prevent the hair from falling out, wash the hair in weak salt water.—Lizzie Forney, Phoenix, Ariz.

835.—Use strong sage tea, cold, for a wash.—Flora L. Moore Dougherty, Eldora, Iowa.

836.—Boil a good-sized handful of cut rhubarb roots in two quarts of water until reduced to one quart. Apply to the head two or three times a week.—Clarence E. Long, Mechanicsburg, Pa.

Tooth Powder.

837.—Mix equal parts powdered orris root and prepared chalk.—Allie Eisenbise, Virginia, Nebr.

Antiseptic Tooth Powder.

838.—Have your druggist mix two parts pulverized, prepared chalk, two parts pulverized orris root and one part pulverized magnesia—by measure, not by weight—a few drops of essence of peppermint or wintergreen and a few drops of glycerine.—Barbara Mohler Culley, Elgin, Ill.

Toilet Cream.

839.—Take of gum tragacanth one-half ounce, glycerine one-half ounce, bay rum one-half ounce, pine myrrh one-half ounce, oil of wintergreen one-eighth ounce, and rose water, soak the gum in one quart of rain water for three days, then add the other ingredients. Thin with rain water if necessary, and if any part of the gum remains hard, pass it through a sieve.

840.—A good, quick and handy ointment for chapped lips is made by heating together equal parts of mutton tallow and glycerine. Add a few drops of cologne to make it more pleasant to use.—Artemus Rosenberger, Telford, Pa.

Chapped Hands.

841.—Take four ounces of glycerine, one-fourth ounce of carbolic acid and one pint of soft water, mix and apply any time.—Cora Keim, Elk Lick, Pa.

842.—Scald two quarts of bran in three quarts of water, let this settle and bathe the hands often in the water.—Katie E. Keller, Tipton, Iowa.

843.—For chapped hands or face, take equal parts of bay rum and glycerine and a few drops of carbolic acid. Dampen the hands and apply, rubbing in till smooth.—Bernice Ashmore, Mansfield, Ill.

844.—For the hands, mix carbolic acid ten drops, rosewater two ounces and glycerine one ounce.—Lydia Brubaker, Argos, Ind.

MISCELLANEOUS.

The following recipes, classed under the head of Miscellaneous, comprise those not already listed and those which arrived too late for classification:

Croup.

845.—Peel and slice onions, fry them a nice light brown, put between muslin and place on the breast of the patient and sure relief will follow.—E. B. Lefever, Ephrata, Pa.

Weak or Inflamed Eyes.

846.—Put one drachm or teaspoonful each of laudanum and spirits of camphor in four ounces of rain water. Shake and apply as often as needed.—Emma Hass, Rossville, Kans.

Sore Mouth.

847.—Mix thoroughly together ten drops of turpentine, one tablespoonful of unsalted butter, one tablespoonful of

cane molasses, and wash out the mouth with raw bacon dipped in the mixture.—Lottie L. Ries, Paulding, Ohio.

Sore Lip.

848.—One of the best and simplest remedies for a sore lip is the wax of one's ear applied to the affected part.—Clifford Ellis, Dixie, Wash.

Worms.

849.—See No. 285.—N. J. Roop, Warrensburg, Mo.

Nettle Rash.

850.—For nettle rash, bathe with water as hot as can be borne.—L. C. Klepper, Cliff, Tenn.

Gall.

851.—Take elder leaves with their fleshy stems, put into a new muslin cloth, bruise and press the juice out and paint the galled place with the juice.—B. F. Kintner, Ney, Ohio.

Barber's Itch.

852.—Take equal parts of Venice turpentine, sulphur and lard. For itch (or is that a thing of the past?) apply thoroughly at night. In the morning, take a bath, change clothing and bed clothes. One application, if sufficiently thorough, is enough.—Emma Hass, Rossville, Kans.

Warts.

853.—Take one-half ounce of sulphur and one-half ounce of alcohol, shake well and apply once or twice a day. In a month the warts will disappear.—Ella Breneman, Cambridge City, Ind.

854.—Moisten the wart with a little water and bind baking soda on it over night, or bathe frequently with a strong solution of baking or washing soda.

Thickneck or Goiter.

855.—Dissolve one pound of saltpeter in one quart of alcohol, take a strip of unwashed linen, make a bandage for the neck and keep it wet with the solution.—Lillian Domer, Baltic, Ohio.

Sunstroke.

856.—Give the patient a cup of coffee as hot as he can drink. Do not give anything cold. Get the sweat started and the patient is out of danger.—E. P. L. Dow.

Night Sweats.

857.—Make sage tea, let it get cold and drink it during the day instead of water.—Senith Setty, Sinking Spring, Ohio.

Insomnia.

858.—See No. 860.—N. J. Roop, Warrensburg, Mo.

859.—People suffering from insomnia, nervous starting from sleep, and sensations of falling, can often be cured by limiting themselves to a diet of milk alone for a time. An adult should take a pint at a meal, and take four meals daily. People with weakened nerves require, usually, a larger quantity of water than those whose brains and nerves are strong. It aids in the digestion of food by making it soluble, and seems to have a direct tonic effect.—J. E. Blough, Stantons Mill, Pa.

Nervous Prostration.

860.—Take a four-ounce bottle, fill it half-full of water, put therein one tablespoonful of bromide of potash (more if it is powdered, the crystal being stronger), and two ounces of fluid extract of valerian. Shake well each time it is used, as it is apt to separate. A teaspoonful may be

taken every hour if the severity of the case requires it. Always give with plenty of water. It cannot hurt the stomach when plenty of water is used, and no one ever becomes addicted to the bromide.—N. J. Roop, Warrensburg, Mo.

Epilepsy, or Fits.

861.—Take as much of the inside bark of elder as will fill a teacup half full, put it in a teapot or porcelain vessel and pour over it a teacup level full of fresh, warm, new milk, just from the cow. Let it boil ten minutes, then strain and squeeze out the milk and drink it warm or cold as preferred. Make and drink this elder tea every morning, before eating or drinking anything else, for a year, and see what has become of your fits. The elder is a common shrub and grows wild. This is an Indian remedy, used successfully by the red man.—J. E. Blough, Stantons Mill, Pa.

Epileptic Fits.

862.—Put salt in both sides of the mouth outside the teeth, as the jaws are set. As soon as the salt begins to melt the convulsive spasm ceases and the patient sinks into a quiet slumber.—N. J. Roop, Warrensburg, Mo.

Hiccoughs.

863.—Simply hold your breath for a little time.—A. M. Bonewitz, Rittman, Ohio.

864.—Wring a cloth out of hot water and apply to the pit of the stomach.—Caroline Huffman, Nora Springs, Iowa.

865.—Take a heaping tablespoonful of sugar and pour on enough strong cider vinegar to make it wet. Eat it at once. Repeat the dose if needed. This is the dose for an adult. Give children less according to age.—Maggie E. Harrison, Conemaugh, Pa.

866.—Either close your eyes or look at one object, centering your mind on your hiccoughs and where they are, and keep saying to yourself: "I shall not hiccough again. They must scatter and leave." I dispose of slight head aches in the same way.—Florence Miller Leiter, Glade, Pa.

Prickly Heat.

867.—Bathing with a strong solution of bi-carbonate of soda is effective, or rub the eruption with the inside of a watermelon rind. This is very soothing and grateful to small children. Venetian chalk, finely powdered, sifted several times through fine silk bolting cloth, and dusted on is an excellent remedy.

Simplified Method for the Restoration of Drowning Persons.

868.—The following simplified method for the restoration of drowning persons, and of those who have lost consciousness through asphyxia or any other cause, was developed by Dr. J. V. Laborde, of the School of Anthropology, in Paris. It has proved efficacious in many cases. In one cited, of a child who had been submerged for nearly fifteen minutes, the return of breathing was accomplished in ten minutes. The translation here given is from a leaflet which Dr. Laborde distributes among his pupils:

1. As soon as the drowning man has been taken from the water, force open his mouth. If the teeth are clinched, separate them with the fingers, or by means of any hard object—e. g., a piece of wood, the end of a cane, the handle of a knife, of a spoon, of a fork.

2. Firmly seize between the thumb and the first finger of the right hand the end of the tongue, using your handkerchief, or any piece of linen, to prevent the tongue from slipping; then repeatedly, rythmically, and with decision, pull it from the mouth, and relax it alternately—at the

rate of at least twenty times a minute, imitating the cadenced movements of expiration and inspiration.

3. At the same time introduce, far back into the throat, the first finger of the left hand, pressing upon the base of the tongue, so as to induce vomiting, and thus free the stomach of the water or food which encumbers it.

4. This treatment, the most efficacious known method of bringing back the respiration, must be begun without the slightest delay, and persistently continued for a half hour, an hour, or more. At the same time all the usual remedies must be applied. Most important are the removal of the clothing, friction over the whole body, pressure upon the anterior part of the chest, the restoration of the bodily heat, and, where it is possible, the application upon the region of the heart of compresses of very hot water.

The same method may and should be applied, in the same manner, in all cases of asphyxia and of syncope (loss of consciousness), from whatever cause.

Cancer.

869.—Drink freely of strong tea made from red clover blossoms. This is said to be good for cancer of the stomach as well as other cancers.—D. C. Summy, Mt. Pleasant, Pa.

870.—Take any quantity of Spanish brown, pulverized, add to it pulverized vitriol until it becomes pale red in color, then take some such adhesive plaster as wax or tar, make a plaster of it something larger than the sore, cover with the powder about as thick as a wafer, and put it on the sore. Remove the plaster every six hours and apply another equal to the first until the cancer is killed, when it will commence to separate itself from the sound flesh and will either drop out or must be taken out with an in-

strument. Then put on salve to heal the sore. To make this salve, take one pound each of sheep's suet, beeswax, hogs' lard and rosin. Mix all together in a tin vessel over a slow fire until all is dissolved, remove from the fire and add one teaspoonful of verdigris, stir till cool, then mix in blue vitriol till it is green, when it is ready for use.—Eliza E. Buzzard, Russell, Iowa.

Cure for Cancer, King's Evil, or Any Running Sore.

871.—Take poke, strip the leaves down and pound them fine, press out the juice in a tin vessel and when it is well settled, skim off the top, pour the red water off of that which remains in the bottom, set both of them in the sun, stir them twelve or thirteen times a day until the red water becomes as thick as thin honey and the other as thick as you can stir. Then it is ready for use. The salve must be kept soft when using it. Put eight or ten drops of the red water on the sore first and then apply a heavy plaster of the other about one-fourth of an inch thick and it will perform a cure. If the salve gets dry soften with sweet cream. This medicine will keep for many years and remain good.—Eliza E. Buzzard, Russell, Iowa.

Female Weakness and Quick Consumption.

872.—Take one quart of whiskey, two ounces of rock candy and two ounces of red madder, mix and let stand a day and it is ready for use. Take one tablespoonful three times a day.—Mary Ginder, Carwile, Okla.

Fever, Erysipelas, and Sore Throat.

873.—Mix three teaspoonfuls of sulphur, three teaspoonfuls of gunpowder and one teaspoonful of alum, divide in small powders and give one every three or four hours.—Ida M. Puterbaugh, Cando, N. Dak.

Cure for Gallstones.

874.—Take one tablespoonful of olive oil three or four times a day until one pint is used. Mrs. Sword, Lanark, Ill.

Cramp Colic.

875.—Make a tea of dogwood blossoms or wild rose petals and add twenty to thirty drops of golden tincture and a small bit of asafœtida. Dose for an adult, twenty or thirty drops until relieved.—Lydia Hoover, Bevansville, Md.

A Tonic.

876.—Take gentian compound, in liquid form, to be had of your druggist. Dose for adult, one teaspoonful in a glass of water.—David B. Hostetler, Hope, Kans.

Hop Bitters.

877.—Take of dandelion root one ounce, sarsaparilla one ounce, buchu leaves one ounce, juniper berries one ounce, wild cherry bark one ounce, lady slipper one ounce, mandrake root one ounce, columbo root (cut fine) one-half ounce, gentian one ounce, red clover blossoms one ounce, hops a double handful. Add one gallon of water and let stand over night. In the morning put in a kettle and let simmer for three hours, then strain and add one pound of loaf sugar and one-half pint of alcohol. Bottle. Dose for an adult, one tablespoonful three or four times a day.

Panacea.

878.—To one-half gallon of alcohol add four ounces of oil of origanum, two ounces of oil of cedar, two ounces of oil of sassafras, two ounces of oil of hemlock, one-half ounce of oil of anise seeds, three ounces of chloroform, eight ounces of aqua ammonia, one-half ounce of tincture of prickly ash, three ounces of Number Six and two ounces

of strained honey. Dose for adults, one teaspoonful in a wineglass of water. For headache or sick headache, take a dose internally and bathe the temples. For neuralgia, rheumatism, pain in back or side, spinal or kidney disease, take a dose three times a day. For colic, cholera and all bowel complaints, take internally and bathe over the bowels. Good for man or beast.—Mary M. Wise, Peabody, Kans.

Oil of Joy.

879.—To one quart of best alcohol add one-fourth ounce of gum camphor, one-fourth ounce of turpentine, one-half ounce oil of cedar, one-half ounce oil of sassafras, one ounce tincture of guaiac, one ounce tincture of capsicum, two ounces aqua ammonia, one and one-half ounce of chloroform. For headache, take internally and bathe the temples. For neuralgia, rheumatism, pain in the back or side, spinal or kidney disease, take a dose internally three times a day. Bathe the parts affected and cover with a woollen cloth. For colic, cholera and all bowel complaints, take a dose three times a day. Dose for adults, from one-half to one teaspoonful. Give to children according to age.—Mary M. Wise, Peabody, Kans.

Gathered Breasts.

880.—Make a poultice of flaxseed meal and apply warm. —Emma Hass, Rossville, Kans.

Blue Blister.

881.—Take old smoked fat pork and equal parts of rue and garlic, bruise and lay on the blister cold, apply one after another as fast as they get warm until the blister raises up, then pick it open with a needle and the blood will ooze out. Then apply bread and milk poultices.—Lillian Domer, Baltic, Ohio.

Blister.

882.—To blister, rub vinegar or spirits of turpentine on the spot that you wish to blister and then apply pulverized walnut bark. This takes the place of a fly blister and is said to be better.—Martin H. Miller, Portsmouth, Va.

Weak Joints.

883.—Apply extract of witch hazel to the weak place and rub well. Improvement will be noticeable after a few applications. Good also for animals.—Lizzie Harnish, Mt. Carroll, Ill

Poultice.

884.—For cramp or pain in the side, take one pint of hops, one pint of corn meal or wheat bran and one handful of salt, put in a pan and heat well. Add two tablespoonfuls of vinegar, put in a cloth and apply as hot as can be borne.—Sarah A. Sell, Newry, Pa.

Inward Pain.

885.—For inward pain take fresh horseradish leaves, roll them with a rolling pin or something similar, pour hot water over them and apply as a poultice to the affected part.—A. E. Bonesteel, Shellsburg, Iowa.

Pain.

886.—To reduce pain in the body, apply a hot plate. Keep up hot plate applications instead of wet cloths.—Jennie Stephens, Centralia, Wash. Apply a poultice of tobacco.—L. C. Klepper, Cliff, Tenn.

Boils and Carbuncles.

887.—Apply a poultice made of flaxseed meal.—Emma Hass, Rossville, Kans.

Wounds.

888.—Bathe in hot water and apply a poultice of flaxseed meal or equal parts of pulverized charcoal and scraped raw potato. Apply cold and renew as often as dry. Continue as long as there is any inflammation.—Emma Hass, Rossville, Kans.

Fresh Wounds, Bruises or Bunions.

889.—Common grafting wax will generally answer every purpose of an excellent plaster for wounds, bruises or bunions. It is made by melting beeswax, tallow and rosin together and is sometimes called Egyptian Salve.—I. J. R.

Sneezing.

890.—Press your first finger firmly on your upper lip, next to the nose.—Florence Miller Leiter, Glade, Pa.

How to Swallow a Pill.

891.—Chew a mouthful of bread or cookie till the natural impulse to swallow, then throw in the pill and all goes down together.—A. I. Mow, Wawaka, Ind.

Test of Death.

892.—Hold a mirror to the mouth. If there is life, moisture will gather on the mirror. Push a pin into the flesh. If there is life, the flesh will close up, if not the hole will remain.—Marvel Bowers, Payette, Idaho.

Drunkenness.

893.—To destroy the craving for alcoholic stimulants, eat the kernels of three peach seeds before breakfast, dinner and supper, continuing until the appetite disappears. Upon return of the craving, use the peach seeds as here di-

rected and in time it will cease entirely.—Sarah A. Crowl, Goshen, Ind.

Croup.

894.—Pulverize about a teaspoonful of alum, mix it with about twice the quantity of sugar and give as quickly as possible.—Ida K. Mowen, Lanark, Ill.

Rattlesnake Oil.

895.—To get the oil of a rattlesnake for use as directed in No. 66, the snake must be killed in such a way that it can not bite itself, that is, the head must be cut off or shot off without injuring the body. While the body is yet alive, lay it on its back and split it open on its belly, from the head to the tail, care being taken just to cut the skin. About middle way of the snake will be found the fat and inside the fat is the poison sack. Two veins extend from this sack to the fangs in the snake's mouth. The greatest of care must be taken in getting the fat, for if one of these veins or the poison sack is cut the oil is ruined and will be as poisonous as the bite itself. After having taken the fat, put it in a pressed tin pan, a pan without a seam, and let it fry out slowly, stirring all the while with a little stick. When cool enough, bottle for use. It must not be put in iron as it will penetrate the iron and you will have no oil left.—Lucinda Bailey, Mt. Etna, Iowa.

Fever in Teething.

896.—For a baby having fever when teething, take one-half teacupful of water and add just enough spirits of nitre that it can be tasted a little and give one-half teaspoonful every hour until the fever begins to leave. Then give farther apart. This is for a baby from four to six months old. —Lucinda Bailey, Mt. Etna, Iowa.

Dyspepsia, Heartburn or Sour Stomach.

897.—Take a piece of charcoal about the size of a hulled walnut, or less, chew it up and swallow it. Powdered charcoal would do as well taken in a little water.—S. N. McCann, Anklesvar, India.

Membranous Croup.

898.—I cured my boy of membranous croup by giving one-fourth of a teaspoonful of rattlesnake oil every hour until relieved.—John E. Mackey, Hill City, Kans.

Diarrhœa or Flux.

899.—Drink tea made of smartweed. Also in severe cases make a poultice of peach tree leaves and apply to the bowels.—Mrs. M. J. Stutesman, Mt. Morris, Ill.

Bee Stings.

900.—Apply sweet cream thickened with salt. Also drink sweet cream.—Mrs. M. J. Stutesman, Mt. Morris, Ill.

Piles.

901.—Take a ten cent bar of best castile soap and scrape it fine. Then add one-half teaspoonful of cayenne pepper, one teaspoonful of sugar, and one teaspoonful of flour, mix all together and roll into pills one-fourth the size of a pea. Take one every meal. If the bowels are constipated take a light physic as often as needed.—Susanna Steward, Rossville, Ind.

Diphtheria.

902.—Give of muriatic tincture of iron, ten to twenty drops every two hours according to age. Also quinine one to four grains.—Nooker, Centerview, Mo.

Scarlet Fever.

903.—Give warm lemonade with gum arabic dissolved in it. Wring a cloth out of hot water and lay upon the stomach. This should be removed as often as it becomes cool.—Nooker, Centerview, Mo.

Itch and Poison.

904.—For any kind of itch or for oak poison, take one pound of fresh butter, three ounces Venice turpentine and one ounce of red precipitate, mix all together and grease thoroughly for three nights in succession, then wash well with castile soap, and cleanse the beds and clothing thoroughly. Caution: Be careful not to get wet or expose yourself for two months or so, as it might cause salivation. Such as being over the steam from a washtub or the like will also cause it to salivate.—Nooker, Centerview, Mo.

Blood Purifier and Ague Cure.

905.—Take one pound of sassafras, one pound sarsaparilla, one pound spikenard, one pound wild cherry bark, one-half pound bloodroot, one-fourth ounce mandrake, put in four gallons of water and boil one day or until reduced to one gallon. Then strain and add one quart of good rye whisky or alcohol and one-half ounce oil of peppermint. Dose for adult, one tablespoonful three times a day; for children less according to age.—Nooker, Centerview, Mo.

Rheumatism.

906.—To one-half pint of good whisky add of cayenne pepper one-half ounce, gum guaiacum one-half ounce, hartshorn one-half ounce, beef gall one-half ounce. Apply externally.—Nooker, Centerview, Mo.

Liniment.

907.—The following will ease a burn in one minute: Take of oil of tar two ounces, oil of cedar two ounces, tincture of capsicum one ounce, camphor one-fourth ounce, aqua ammonia one ounce, tincture of arnica two ounces, turpentine two ounces, oil of spike one ounce, and olive oil one ounce. This is good for man or beast.—Nooker, Centerview, Mo.

Cold Feet.

908.—If troubled with cold feet and that "baked" feeling in the head that often goes with them, try the following: Stand perfectly erect, and draw, slowly, ten long, deep, full inspirations. Then, placing the hands on the hips, with the body still erect and the left foot advanced, let the right knee sink slowly till it touches the floor. Rise slowly, bring the right foot forward, and the left knee to the floor and back in the same manner. Repeat till ten steps are taken, and then, standing erect, take ten more deep inspirations. This is infinitely better than toasting the feet at the stove or steam-pipes, especially on going to bed.—Hattie P. Rider, Elgin, Ill.

Chapped Hands.

909.—The following is especially good for farmers' rough, soiled, chapped hands: Take corn meal, a little water and a small portion of good cider vinegar. Wash or rub the hands with this ten or fifteen minutes, just before going to bed. It is surprising how it removes the dirt, soften the hands, soothes and heals. Rinse in clear water, dry, and then apply a little soft ointment, rubbing it in well. —Amanda Witmore, McPherson, Kans.

Quarreling.

910.—Take a small handful of sassafras root, place in a pint bottle, fill the bottle with water and let it stand. When anyone comes in and begins scolding you, fill your mouth with this and hold it till he goes out. A cure is guaranteed. —Samuel Miller, Craigville, Ind.

Cough Cure.

911.—Take three handfuls of hops and three pints of water, boil down to one and one-half pints, strain, add one pound of sugar and boil to a syrup.—Mary W. Light, Manheim, Pa.

912.—Add to one pint of alcohol, one ounce of ground cloves, one ounce of ground cinnamon, one ounce of camphor gum, one and one-half ounces of cayenne pepper. Dose for adult, one-half to one teaspoonful in a little water or milk every two hours in severe pain. This is an excellent stomach medicine taken after each meal.—Catharine L. Yundt, Lordsburg, Cal.

Boil, or Carbuncle.

912.—Apply a poultice made of the white of one egg and one teaspoonful each of camphor and honey, thickened with wheat flour. Change as often as it gets dry.—Esther Horner, New Bedford, Ohio.

Bruises or Painful Gatherings.

913.—Take a raw red beet, grate and tie it on in the form of a poultice. When dry make a fresh application. This is excellent to relieve pain.—Julia A. Roop, New Windsor, Md.

Splinters.

914.—To draw out a splinter, grate the heart of a cabbage and apply as a poultice.

Myrrh Liniment.

915.—To one quart of good brandy or alcohol add three ounces of gum myrrh, pulverized, one-half ounce of cayenne pepper, one tablespoonful of nerve powder or valerian and one-half ounce of lobelia seed. This is excellent for wounds or sores, a gargle for sore throat and will cure tetanus. Give a teaspoonful in hot water and sugar as often as required.—Diantha Churchman, Ashland, Oregon.

916.—Add to one pint of alcohol, one ounce of ground cloves, one ounce of ground cinnamon, one ounce of camphor gum, one and one-half ounces of cayenne pepper. Dose for adult, one-half to one teaspoonful in a little water or milk every two hours in severe pain. This is an excellent stomach medicine taken after each meal.—Catharine L. Yundt, Lordsburg, Cal.

INDEX.

Infantile Diseases, ... 1 to 89
Colds, Lung and Throat Troubles, etc., ... 90 to 231
Eruptive Diseases, ... 232 to 245
Inflammations, Felons, Boils, etc., ... 246 to 284
Stomach and Bowel Troubles, ... 285 to 396
Headache, ... 397 to 407
Rheumatism and Neuralgia, ... 408 to 434
Febrile Diseases, ... 435 to 447
Bed Sores and Fever Sores, ... 448 to 450
Dropsy, Kidney and Urinary Troubles, ... 451 to 467
Skin Diseases, ... 467 to 480
Eyes, Ears, Nose, Teeth, ... 481 to 516
Poultices, Salves, Liniments, ... 517 to 603
Food for the Sick, ... 604 to 611
Accidents, ... 612 to 801
Feet, ... 802 to 825
Toilet, ... 826 to 844
Miscellaneous, ... 845 to 916

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